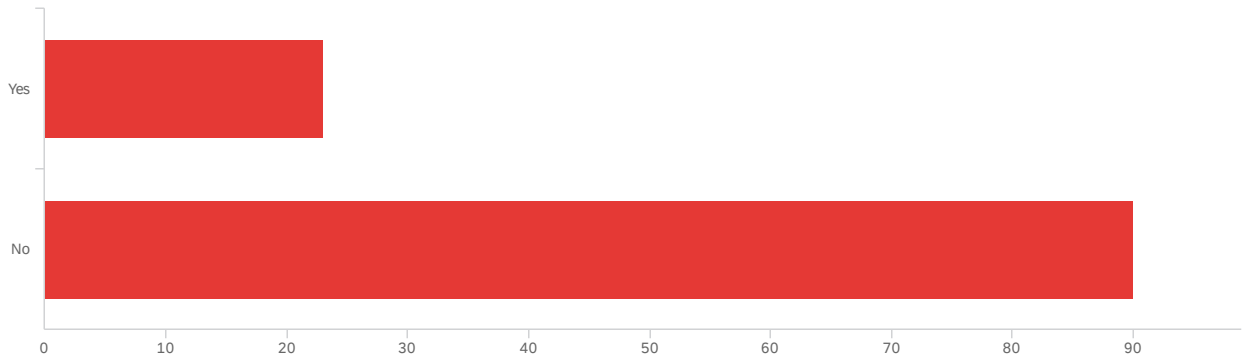


Default Report

FitCo

January 20, 2021 10:16 AM MST

Q2 - Are you a personal trainer or group fitness instructor?



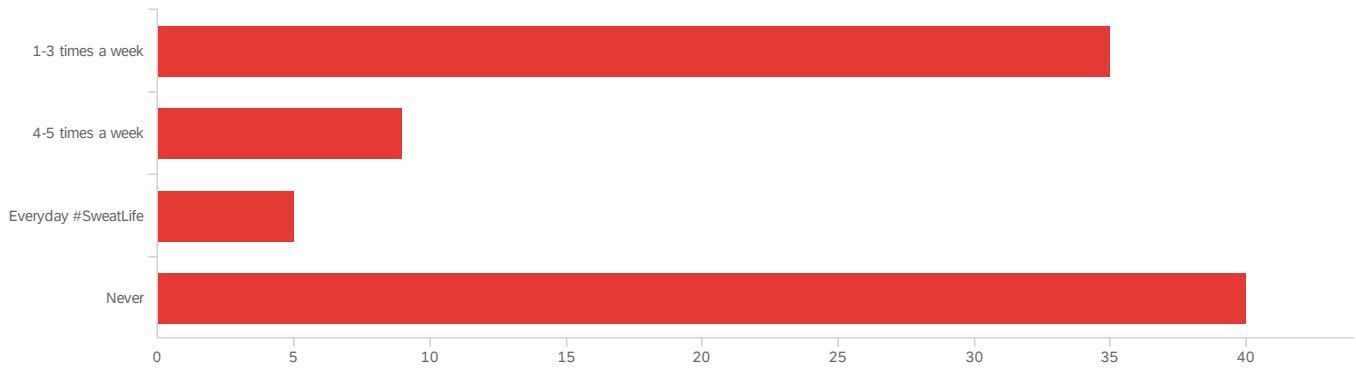
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Are you a personal trainer or group fitness instructor?	1.00	2.00	1.80	0.40	0.16	113

#	Field	Choice Count
1	Yes	20.35% 23
2	No	79.65% 90

113

Showing rows 1 - 3 of 3

Q3 - How often do you workout?



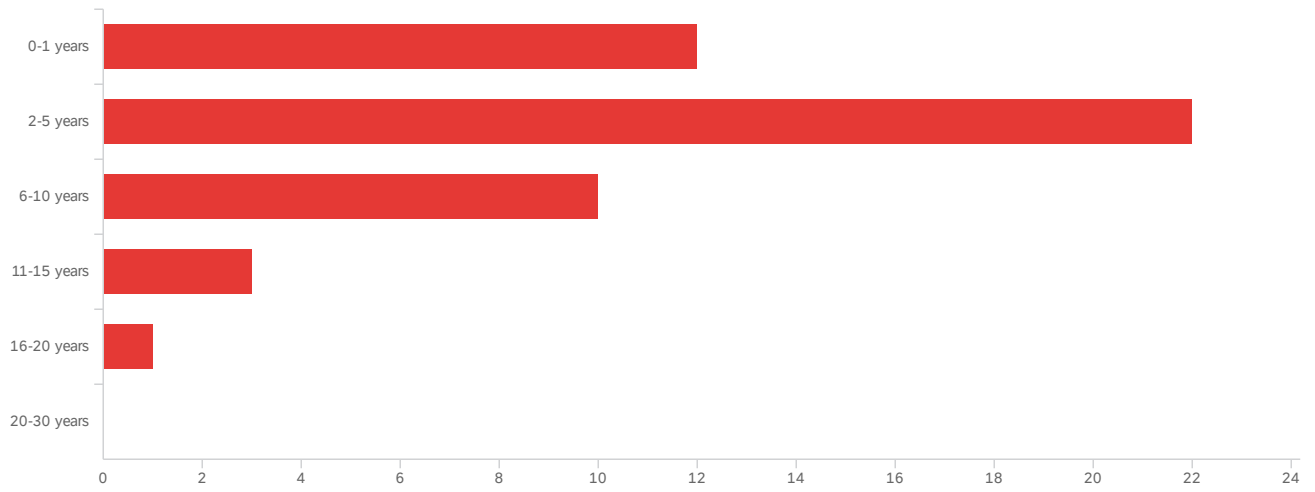
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How often do you workout?	1.00	4.00	2.56	1.39	1.93	89

#	Field	Choice Count
1	1-3 times a week	39.33% 35
2	4-5 times a week	10.11% 9
3	Everyday #SweatLife	5.62% 5
4	Never	44.94% 40

89

Showing rows 1 - 5 of 5

Q4 - How long have you been working out for?



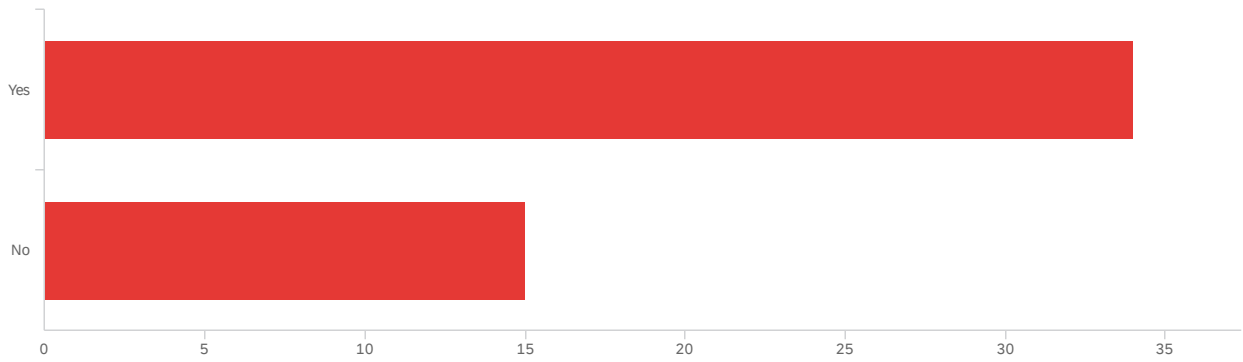
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How long have you been working out for?	1.00	5.00	2.15	0.94	0.87	48

#	Field	Choice Count
1	0-1 years	25.00% 12
2	2-5 years	45.83% 22
3	6-10 years	20.83% 10
4	11-15 years	6.25% 3
5	16-20 years	2.08% 1
6	20-30 years	0.00% 0

48

Showing rows 1 - 7 of 7

Q5 - Has COVID-19 affected your workout motivation



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Has COVID-19 affected your workout motivation	1.00	2.00	1.31	0.46	0.21	49

#	Field	Choice Count
1	Yes	69.39% 34
2	No	30.61% 15

49

Showing rows 1 - 3 of 3

Q6 - How has COVID-19 affected how you workout?

How has COVID-19 affected how you workout?

Closed the gym

I stoped everything due to tge virus.

I don't get advice from my coach (this is Jaime answering don't take it into account)

No workout

Yes, it affected my progress espacially when the gyms open then close again

Slow activity

Become lazy

I now have to workout at home which does not have as much equipment as the gym and I have also started to do different kinds of work outs for this reason as well.

Did not

Positively, covid help us to think about ourselves.

Stop my workout program in muay thai

not much

Actually it has increased my willingness to do workout, as i was idle at home.

Becoming less disciplined towards work out timings as work from home has changed our routines. Also, there's been less exposure towards equipments at home and lock down restrictions has made it difficult even for a jog outside.

This pandemic minimize the number of days we go to the gym.

By sitting in my room every day

It was a huge demotivation

Sports alone, not so great

I used to train in the gym now i train at home. Less equipement but same motivation

No motivation

I do all my workouts at home rather than the gym

How has COVID-19 affected how you workout?

Gyms are closed. Don't feel safe going to gym if open

I can't do all my workout

I don't currently work out at my gym, but my friend/coworker has a home gym that I frequent regularly.

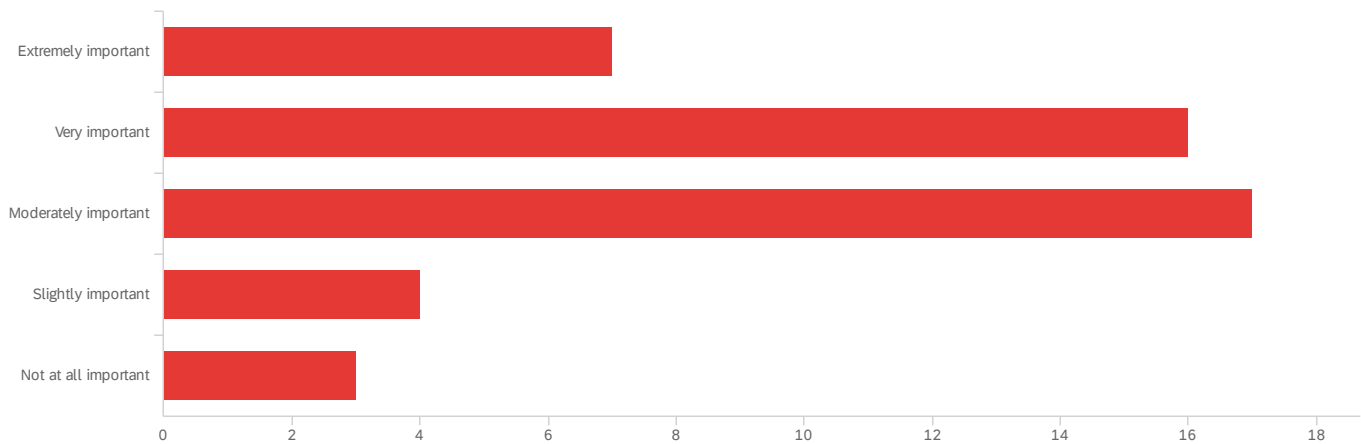
I started to workout more

The closing of gym and the negative vibes during the pandemic

I stopped going to the gym to prevent infection. But instead I practiced more in the outdoors and at home.

Badly

Q8 - Rank how important trainer feedback is to you.



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Rank how important trainer feedback is to you.	1.00	5.00	2.57	1.05	1.10	47

#	Field	Choice Count
1	Extremely important	14.89% 7
2	Very important	34.04% 16
3	Moderately important	36.17% 17
4	Slightly important	8.51% 4
5	Not at all important	6.38% 3
		47

Showing rows 1 - 6 of 6

Q9 - What type of trainer feedback do you like? This can be anything including but NOT limited to form comments, advice on workouts, and more.

What type of trainer feedback do you like? This can be anything including b...

Instructions, motivation

Willing to work

Live

Form comments and advice on what kind of workouts would help me reach my fitness goals

Any kind that would motivate me

Motivator type

You are making progress. Good job

advice an actual requiremnt and not just typical routines

Diet based feedback

Workout advice

advice and workouts

More like q and a type of relation. Ask for advice, support in designing my goals, training types...

Form comments and advice on how to optimize workouts

Encouraging words plus feedback on doing exercises correctly

Form

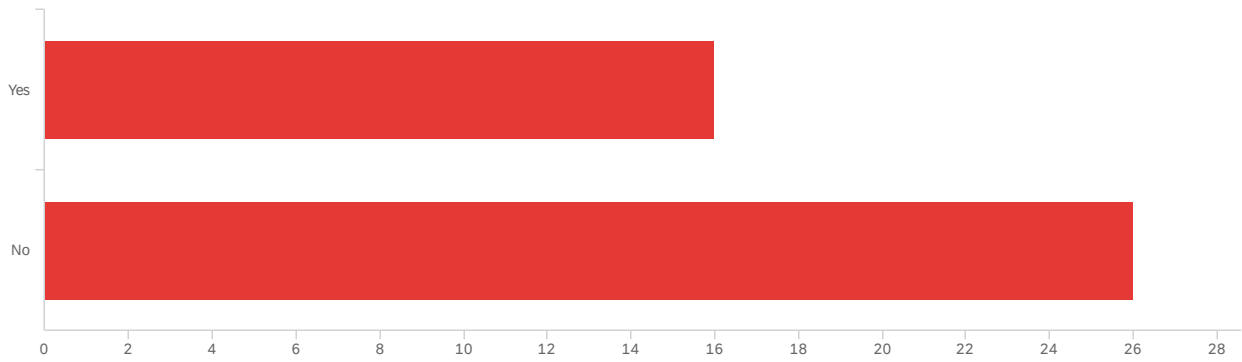
Nutrition advice

How to properly do the exercise

Positive and negative feedback

Honesty

Q10 - Have you ever been injured because of poor form in the gym?



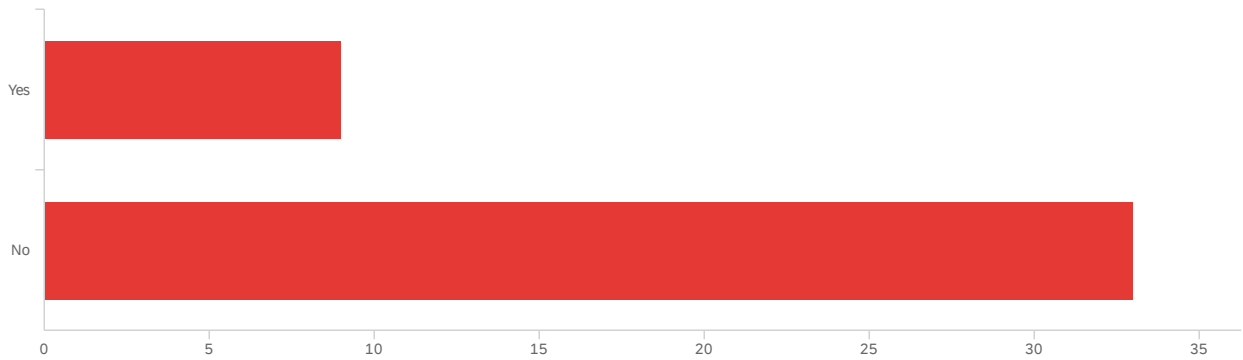
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Have you ever been injured because of poor form in the gym?	1.00	2.00	1.62	0.49	0.24	42

#	Field	Choice Count
1	Yes	38.10% 16
2	No	61.90% 26

42

Showing rows 1 - 3 of 3

Q11 - Do you use an Apple Watch, Fitbit, or any other kind of biometric tracking device?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Do you use an Apple Watch, Fitbit, or any other kind of biometric tracking device?	1.00	2.00	1.79	0.41	0.17	42

#	Field	Choice Count
1	Yes	21.43% 9
2	No	78.57% 33

42

Showing rows 1 - 3 of 3

Q12 - What kind of feedback do you value if you do have a tracking device? (This can be anything including but NOT limited to heart rate, steps, calorie burn, or more)

What kind of feedback do you value if you do have a tracking device? (This...

Calories burned, time measurement.

Do not surrender

It is not always accurate but it helps to stay active

Detect wrong moves

Steps, exercise minutes and daily calories

The intensity of the workout and its impact on the amount of fat burnt and muscles gained

Heartrate

.

corrective

Calories burn, active minutes

Advice

Calories heart rate

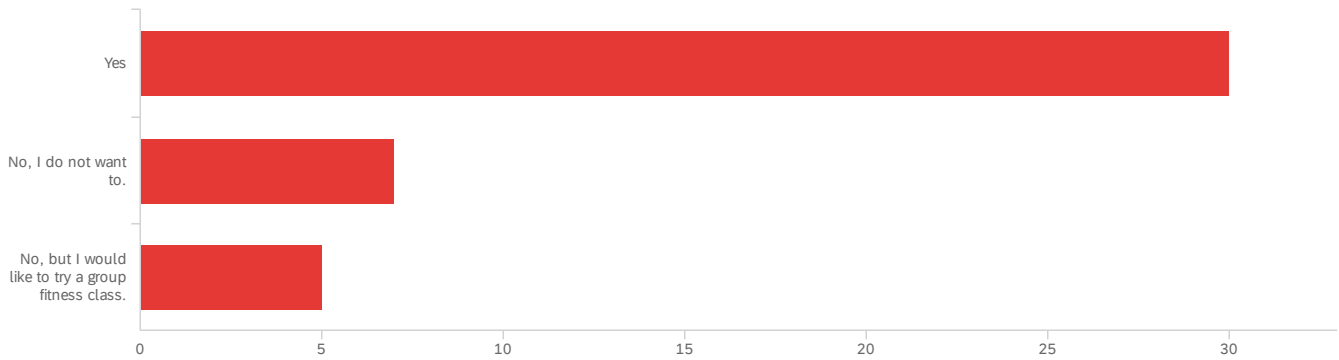
Calories burned and heart rate

Steps, calories, miles

Apple watch

Well being Shape Weight

Q13 - Have you ever participated in a group fitness class?

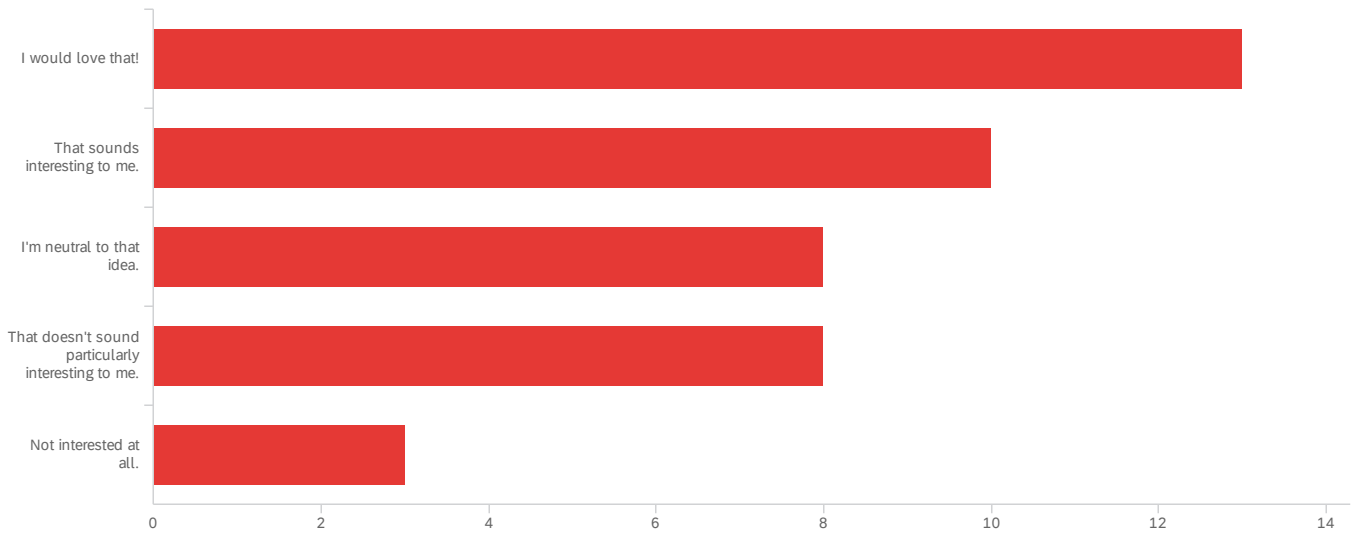


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Have you ever participated in a group fitness class?	1.00	3.00	1.40	0.69	0.48	42

#	Field	Choice Count
1	Yes	71.43% 30
2	No, I do not want to.	16.67% 7
3	No, but I would like to try a group fitness class.	11.90% 5
		42

Showing rows 1 - 4 of 4

Q14 - Would you like real-time feedback with a trainer at home if it were possible?

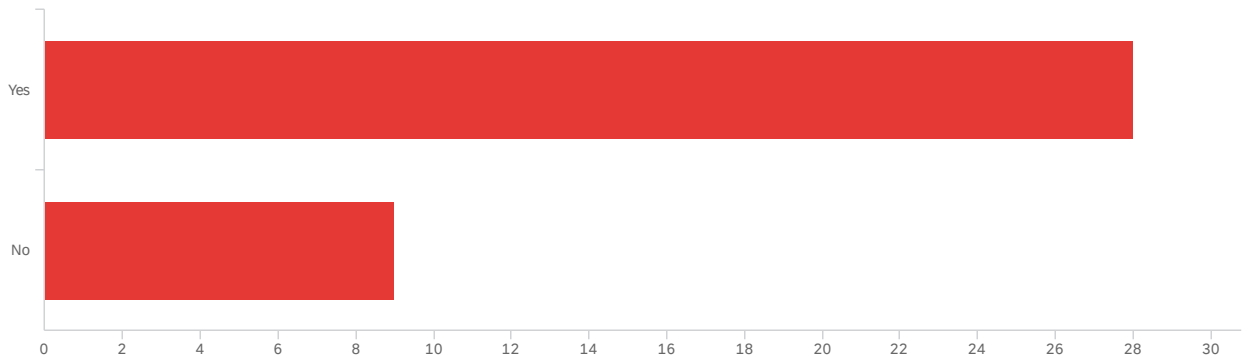


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Would you like real-time feedback with a trainer at home if it were possible?	1.00	5.00	2.48	1.30	1.68	42

#	Field	Choice Count
1	I would love that!	30.95% 13
2	That sounds interesting to me.	23.81% 10
3	I'm neutral to that idea.	19.05% 8
4	That doesn't sound particularly interesting to me.	19.05% 8
5	Not interested at all.	7.14% 3
		42

Showing rows 1 - 6 of 6

Q15 - Has COVID-19 impacted your training efficiency?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Has COVID-19 impacted your training efficiency?	1.00	2.00	1.24	0.43	0.18	37

#	Field	Choice Count
1	Yes	75.68% 28
2	No	24.32% 9

37

Showing rows 1 - 3 of 3

Q16 - Please explain how COVID-19 has affected your training efficiency.

Please explain how COVID-19 has affected your training efficiency.

No more going to gym

can't go to gym and fitness class, no trainer is with me to monitor my movement...

Less efficiency due to less opportunity to interchange with colleagues

Less classes, less profit

I became lazy sitting at home without going to the gym because it's closed

low power and energy

Lack of motivation to train at home

Only online classes

Since all of the studios are closed I don't have a proper place for my own practice and teaching on line also has its limitations

Public classes has been suspended. Just giving private classes.

People is afraid of going to the studio

Le confinement

This pandemic minimize the number of days we go to the gym.

The periodicity, with my family at home (daughter) it is more complicated to find a time to realize my practice, also with my students with presencial attendance.

The yoga studio I used to teach closed :(

It didn't to be honest, With enough years of training i can always adapt to different types of training and still be efficient with my workouts

It has prohibited me from getting into a consistent routine

I don't have access to as much equipment.

As a PE teacher, and because of covid, I am not able to teach everything i wanted to, we have to respect the social distancing rules. We have to choose the activities that can be practiced alone and without contact or sharing the material. (So there's no gymnastics also) Plus, when we are "online" we have a disadvantage because we can easily be without ideas for the students. The videos we're making can be so repetitive and the students can be bored. But we have to deal with this situation and hope that it will get better soon. Concerning my private sessions at home, nothing has changed to be honest. The only thing i have to do now is to put a mask on during my session, it's not that hard. Thank you

I teach many classes online, i have to do them and my body is aching

Please explain how COVID-19 has affected your training efficiency.

Multiple new responsibilities, less time to workout

Being in quarantine for a long time, gave me the motivation to start working out more and for longer time since i had time to do thay

Everyday there is bad news concerning the covid 19 so absolutely its affected badly on me and create a negative vibes

I haven't feel security sharing my classes in closed spaces because of the virus.. So I quit training groups. Just for mention one of many reasons.

By not having a human contact with students and not being able to give feedback

End of Report