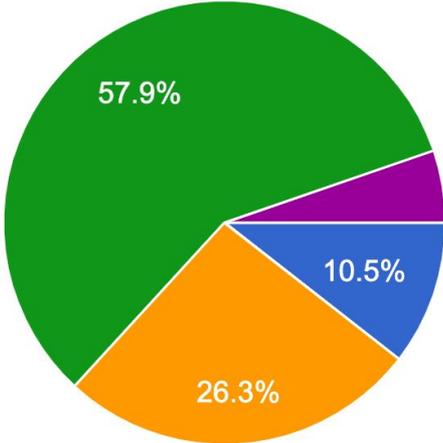


Exercise Habits Survey

19 responses

How often do you exercise?

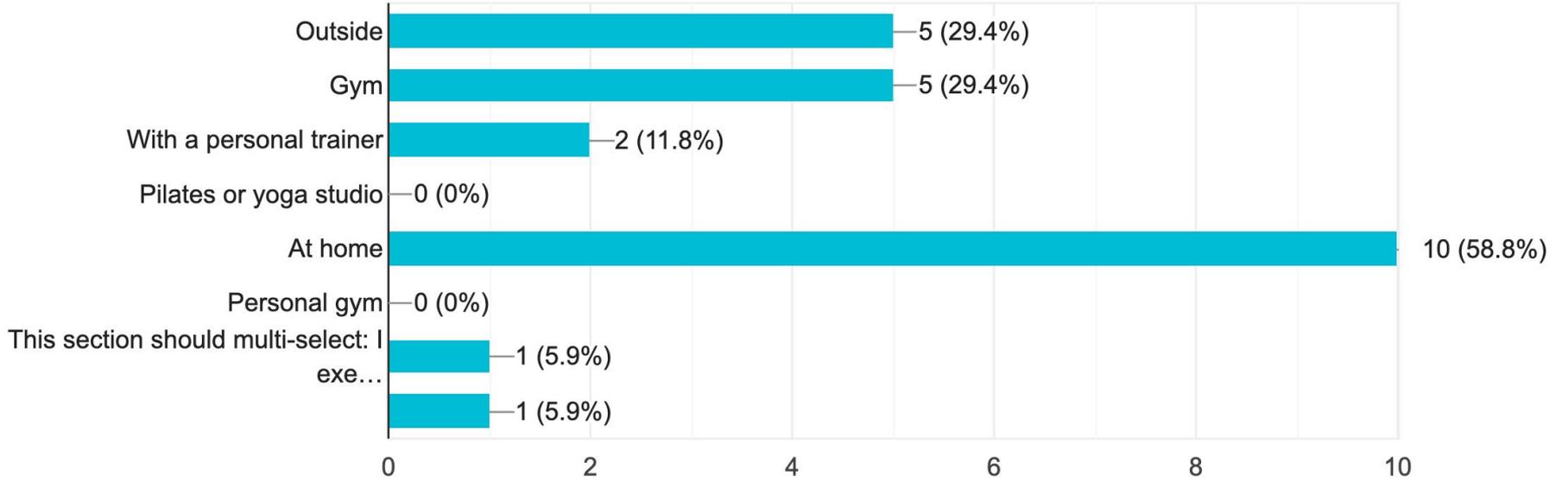
19 responses



- Not very often
- Once a week
- A few times a week
- Four or more days a week
- Every day

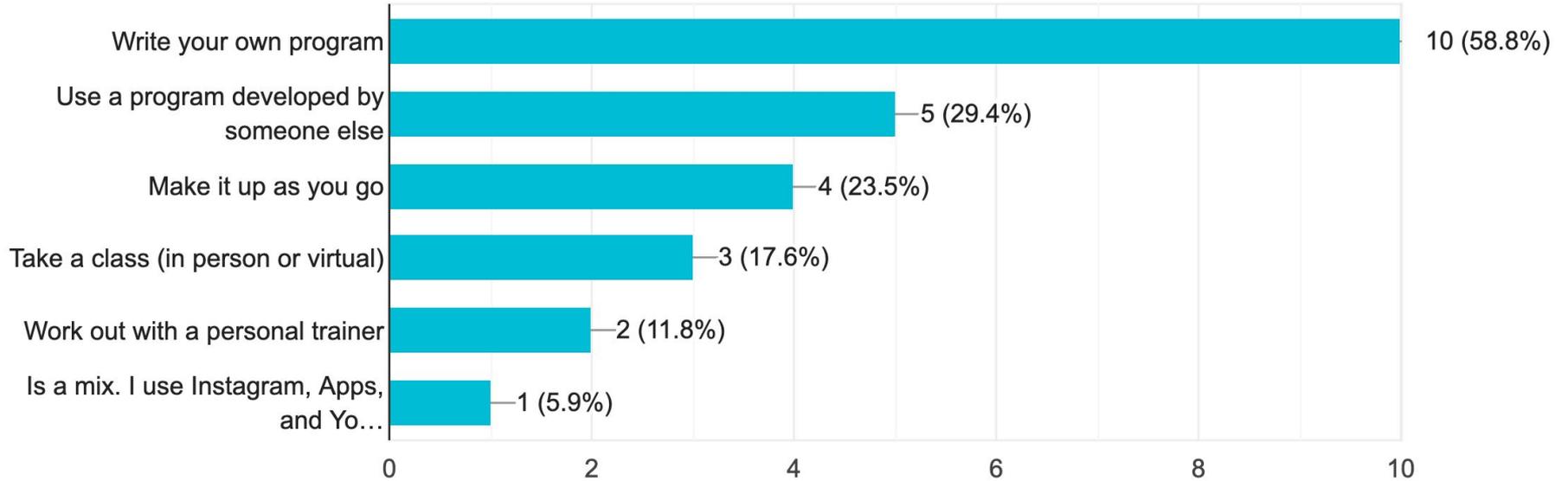
Where do you exercise?

17 responses



When you workout do you:

17 responses



When you workout, what do you do? (Weight training, running, classes, walking, etc)

Most people did a mix of workouts. The majority did a mix weights, cardio, and yoga. Only two people exclusively did weight training. Cardio included running, walking, cycling, boxing and HIIT. Most people included some form of bodyweight exercise like yoga or pilates.

How do you decide which exercises to do during a workout?

Most of the respondents had some kind of a plan, varying from loose to more defined. A few people say they workout according to how they feel. A number of people said they alternate the area of body they work on. A few work around Youtube plans, or plans they or their trainers have made.

How do you learn about new exercises or workouts?

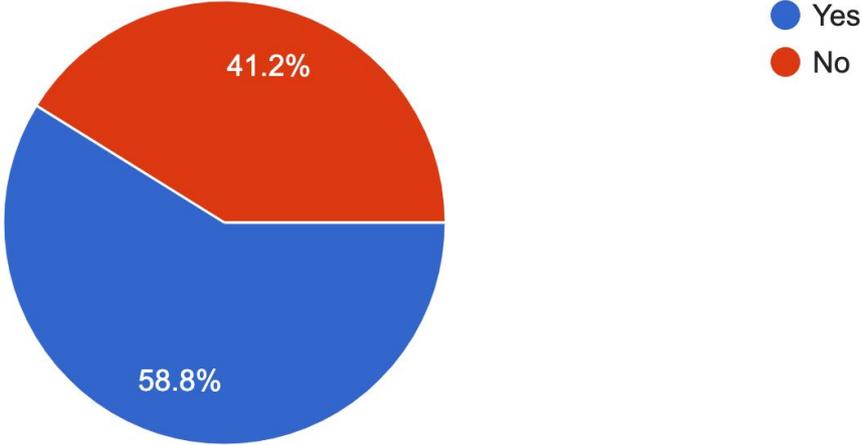
Most people learned about new exercises from the internet. The majority get guidance from social media platforms, mainly YouTube and Instagram. Other sources included online research, word of mouth, apps, and classes. Only two people got guidance directly from trainers.

Do you take notes or keep track of your progress in some way? If so, how?

Two thirds of people kept track of their progress in some way. Half of the respondents used an app to track their progress. The rest took notes in the form of written notes, progress photos, and mental notes.

Do you ever use an app during your workout?

17 responses



Which app do you use?

- Fitbit to track my cardio, but that's about the only thing
- Strava
- Train Heroic
- JEFIT
- My FitnessPal, Pacer, LoseWeight30, Instagram
- SWEAT
- FitOn
- Down dog apps
- Strong app
- Freeletics

How did you choose the app that you use over the other apps on the market?

People chose the apps they used because they were recommended - either via online research or a friend's recommendation. One person saw an ad and started using an app. Another person used an app because it was free and had no ads. They also chose the apps they used because they perceived them to be the best for their particular activity.

Is there anything you wish the app could do that it doesn't do now?

People wished for more training options in their apps. They wanted more variety and more virtual coaching. They also wanted a social aspect to their apps.

What are some of your favourite features in the app that you use?

The most common response was seeing progress tracked within the app. They also liked seeing previews or videos of the exercise and workout. They also said that being able to customize the workouts was a nice feature.

Timestamp	How often do you exercise?	Where do you exercise?	When you workout do you:	When you workout, what do you do? (Weight training, running, classes, walking, etc)	How do you decide which exercises to do during a workout?	How do you learn about new exercises or workouts?	Do you take notes or keep track of your progress in some way? If so, how?	Do you ever use an app during your workout?	Which app do you use?	How did you choose the app that you use over the other apps on the market?	Is there anything you wish the app could do that it doesn't do now?	What are some of your favourite features in the app that you use?
4/2/2020 19:48:41	Four or more days a week	At home	Use a program developed by someone else	pilates	I subscribe to a Youtube channel and follow her plans	I'll usually Google classes in yoga/pilates/mat exercise that is easy to do in the garage (during COVID times) otherwise I take classes at the YMCA and/or climbing gym in West Oakland. I tried ClassPass once but felt it overwhelming and too expensive ultimately, so I cancelled.	No notes, but my household has started taking "body progression" photos once a week to track body changes over time. my roommate just got a peleton bike so she wants to see the changes. my boyfriend and I are just curious. we got a little backdrop, tripod and everything.	No				
4/2/2020 20:11:31	A few times a week	Gym	Write your own program	Weight training only	Standard body split routine	Internet, but over the years found exercises and machines I like	I keep a mental note of all my one rep max's, etc.	No				
4/2/2020 20:24:11	A few times a week	This section should multi-select: I exercise at the gym and with a trainer	Write your own program	Lift weights, swim, yoga at the ymca, muay thai kickboxing at a separate boxing gym, walk around the park near my house	Boxing is at a certain time so I plan weights around those classes, usually right before	Mainly researching online	Not really, but do I have the times scheduled on my calendar	Yes	Fitbit to track my cardio, but that's about the only thing	I don't like using apps while I'm working out because I find them distracting. The only thing I want to track is my cardio and I can do that in the background.		
4/2/2020 21:08:21	Not very often											
4/2/2020 21:52:21	Four or more days a week	Multiple places regularly - outside (run) and at the gym (weights/machines) and at home (yoga videos)	Make it up as you go	Weight training, running, walking, yoga videos, some circuit classes	Most often I turn to the same two exercise again and again for my mental/physical health: walking and running. When the weather turns I tend to go back to indoor activities (weights/videos)	Others I know	Only track walking/running by using my fit bit	No				
4/2/2020 22:17:01	Four or more days a week	Outside	Write your own program	Running and Yoga	Depending of the training plan I designed.	From social media.	Yes, I try to keep up with the plan.	Yes	Strava	Most used app between runners.	That it could be more social inclined.	Activity tracking, GPS location, heart rate monitor, activity analysis
4/2/2020 23:10:51	Four or more days a week	With a personal trainer	Work out with a personal trainer	weight training, conditioning, running, and pilates	Alternate exercises by spacing workouts and recovery time.	I usually check out articles from Well+Good or look for videos.	I keep track of my body analysis and composition.	Yes	Train Heroic	Training studio uses that particular app to input exercises and progress	I wish it could show more detailed videos or a way for trainers to upload a video so that I can train on my own in my own time.	Keeping track of my progress and what workouts I've done the previous day.
4/3/2020 0:08:41	Four or more days a week	Gym	Write your own program	Weight training	I have a set plan (that I created) that I've been doing each week for months.	EXRX, Reddit, word of mouth, observation,	JEFIT	Yes	JEFIT	It was supposedly one of the best according to a google search.	It doesn't have all the exercises I would like to do.	Tracking lifts over a period of time
4/3/2020 4:25:01	Four or more days a week	At home	Write your own program	Treadmill and outdoor running	I train for races, not to be fast but for distance	Instagram	N/A	No				
4/3/2020 12:53:41	Four or more days a week	At home	Use a program developed by someone else. Take a class (in person or virtual)	HIITs, classes for all bodyparts, like specifically arms, legs....	A trainer is doing the exercises and I follow along		No	No				
4/3/2020 13:52:11	Every day	At home	Write your own program	Weight lifting	Where the need is greater	You Tube	No notes , it is a visual learning process	No				
4/3/2020 14:14:41	Four or more days a week	Outside, At home	Write your own program, is a mix. I use Instagram, Apps, and YouTube to build my own routine	Usually, running but right now I'm slowly going back to it so is more of a mix between running and power walking. At home I do Zumba, Yoga and core training.	Cardio 3 times a week, core training 3 times a week. For cardio is easy, just run or Zumba. For core training I have and app and several routines saved on IG that work the whole body (legs, arms, core).	IG/YouTube	Yes, I use two different apps to track progress.	Yes	My FitnessPal, Pacer, LoseWeight30, Instagram	Pacer-was free and helps track steps (I just read the reviews and downloaded it) My FitnessPal was recommended by several people after I asked for recommendations on FB LoseWeight30-is a challenge app with different routines to help you lose weight in 30 days. I don't remember who recommended it Instagram-is easy to find routines using #s. Also, some gyms are offering live sessions at the moment.	nothing that I can think of right now	My FitnessPal-recipes, and work out routines
4/3/2020 14:56:11	Four or more days a week	Outside, Gym	Make it up as you go	Weights, running, riding horses	Depends on the day and what area of the body I'm focusing on.	YouTube, friends, workout apps	Nope.	Yes	SWEAT	One of the first that popped up.	More workouts, I usually stick to the same couple workouts because there are machines I don't have at the gym and/or I don't want to move around the gym as much between exercises.	Tells you what to do next and has little "previews" of each exercise and workout before you start it. Each workout let's you know ahead of time what equipment you'll need.
4/3/2020 15:14:51	Not very often											
4/4/2020 4:40:12	Four or more days a week	Outside, At home	Make it up as you go. Take a class (in person or virtual)	Running, cycling, body weight training, walking	I work the part of my body that I didn't work most recently	YouTube, FiOn, Aaptiv	Yes, in my bullet journal	Yes	FitOn	It's free! No ads	No	Minimalist, no ads, free or very inexpensive
4/4/2020 5:47:37	Four or more days a week	At home	Write your own program	Walking, running, weights	I work certain parts of my body on different days.	Facebook or YouTube	No	No				
4/4/2020 7:21:16	A few times a week	Gym, At home	Write your own program. Use a program developed by someone else	Weight training, hiit, yoga	Normally I have a plan beforehand	Videos / training apps / occasional private training sessions	Google fit	Yes	Down dog apps	After seeing a bunch of ads I tried it out for yoga first and it was amazing in everything	Can't think of anything	Adjusting the instructions so there's less talking, adjusting the length and type of practice - and that it's always a well structured practice, no matter how much I fiddle with the parameters
4/4/2020 8:05:51	A few times a week	Gym, At home	Write your own program. Use a program developed by someone else. Make it up as you go	Weights, bodyweight, (yoga)	According to the plan or how I feel	YouTube mostly	Via the Strong app for weights	Yes	Strong app	suitled my needs as it easy to track progress without a set program	having programs or sort of an automated virtual coach would be interesting	seeing the progress is quite motivating! But I'm careful as in weight lifting the progress can't go on forever can be fairly slow
4/5/2020 16:20:51	A few times a week	Outside, With a personal trainer, At home	Use a program developed by someone else. Take a class (in person or virtual). Work out with a personal trainer	Body Wright training, Boxing	I use a predefined workout plan or do classes	From trainers	No	Yes	Freeletics	Friend's recommendation	Meal plans	Videos