

ASK- Surveys and Questionnaires

3/20/2017

General report - Walking Research

Are you male or female?

121 out of 122 people answered this question

| | | |
|---|----------------------|-----------|
| 1 | Female | 114 / 94% |
| 2 | Male | 7 / 6% |
| 3 | Prefer not to answer | 0 / 0% |

What is your age?

122 out of 122 people answered this question

| | | |
|---|-------------|----------|
| 1 | 41-50 | 53 / 43% |
| 2 | 31-40 | 29 / 24% |
| 3 | 51-60 | 16 / 13% |
| 4 | 61 and up | 13 / 11% |
| 5 | 21-30 | 9 / 7% |
| 6 | 20 or under | 2 / 2% |

Is anyone in your family 18 or younger?

122 out of 122 people answered this question

| | | |
|---|-----|----------|
| 1 | Yes | 78 / 64% |
| 2 | No | 44 / 36% |

Do you live in Utah?

122 out of 122 people answered this question

| | | |
|---|-----|----------|
| 1 | Yes | 66 / 54% |
| 2 | No | 56 / 46% |

Do you go for walks with your family?

122 out of 122 people answered this question

<https://natalie314.typeform.com/report/x7kDNH/MFKx?typeform=print=1&typeform=cache=0>

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3/20/2017

General report - Walking Research

| | | |
|---|-----|----------|
| 1 | Yes | 77 / 63% |
| 2 | No | 45 / 37% |

On average, how long are your walks?

122 out of 122 people answered this question

| | | |
|---|----------------------|----------|
| 1 | About 30 minutes | 40 / 33% |
| 2 | I don't go for walks | 24 / 20% |
| 3 | About 45 minutes | 19 / 16% |
| 4 | About 15 minutes | 13 / 11% |
| 5 | About 60 minutes | 13 / 11% |
| 6 | Depends | 13 / 11% |

What is your favorite time of day to go for walks?

122 out of 122 people answered this question

| | | |
|---|----------------------|----------|
| 1 | Evening | 62 / 51% |
| 2 | Morning | 26 / 21% |
| 3 | I don't go for walks | 20 / 16% |
| 4 | Afternoon | 14 / 11% |

What is your favorite season to get outside and go for a walk?

122 out of 122 people answered this question

| | | |
|---|----------------------|----------|
| 1 | Spring | 50 / 41% |
| 2 | Summer | 26 / 21% |
| 3 | Fall | 25 / 20% |
| 4 | I don't go for walks | 17 / 14% |
| 5 | Winter | 4 / 3% |

<https://natalie314.typeform.com/report/x7kDNH/MFKx?typeform=print=1&typeform=cache=0>

2/2

Color Palette:

dbf1f7 Lightest blue
f2fafb White
b3d342 Lightest green
7dac41 Medium green
577b38 Darkest green
002d40 Midnight blue
f04b3c Coral
f39339 Orange
fd467 Yellow

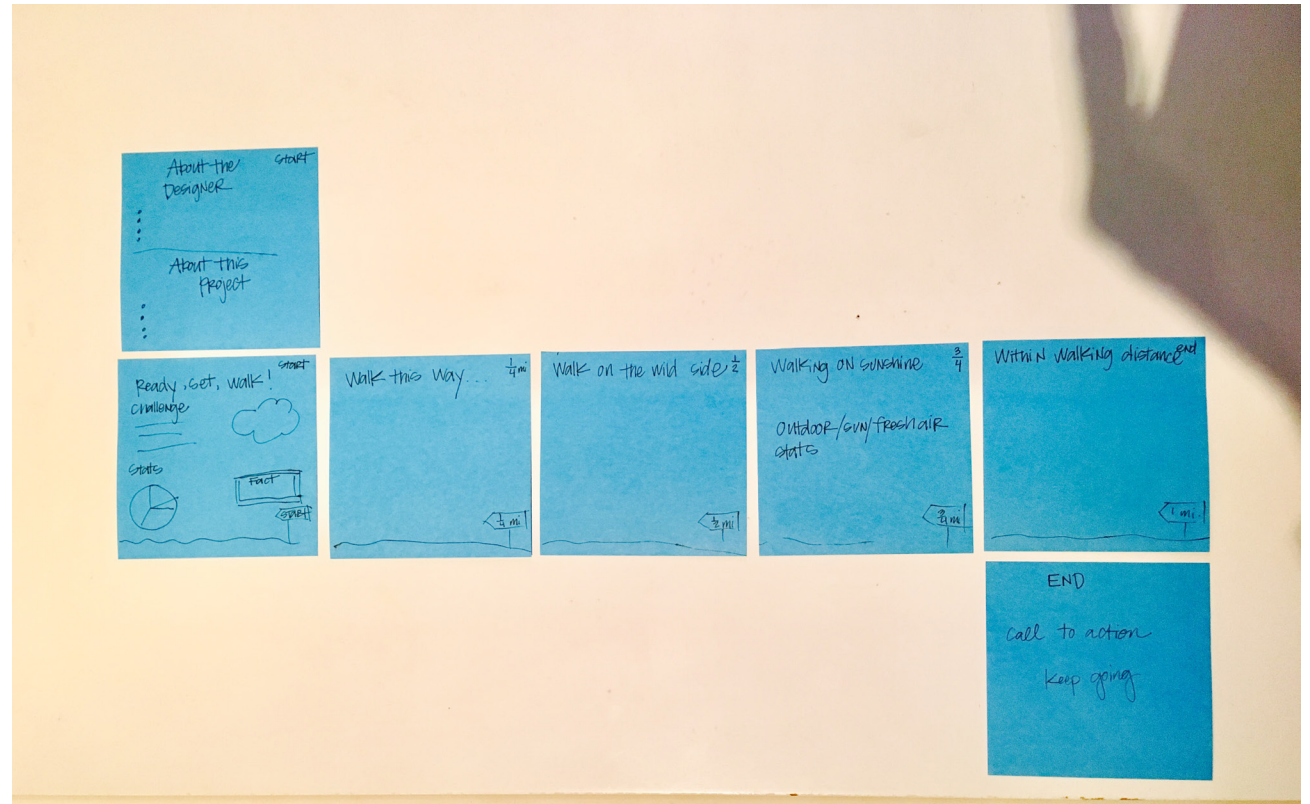
Fonts:

Titles: Antique Olive Medium (100 pt?)

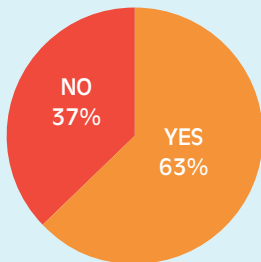
Prints:

Costco Photo Department 12x18 \$3.99

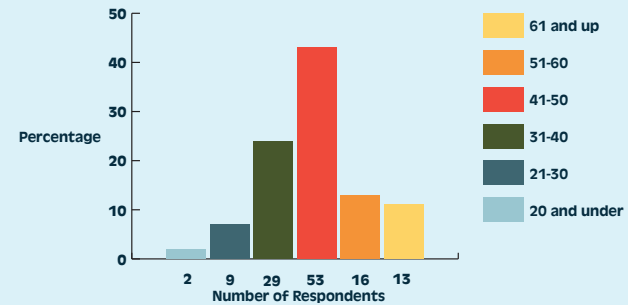
Wire Frame:



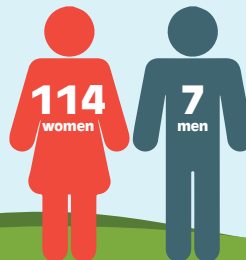
Families Who Walk Together, Talk Together



Do you go for walks
with your family?



Age of those surveyed



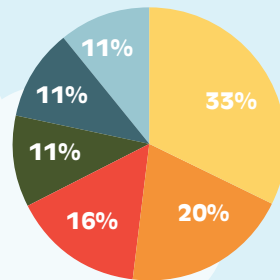
Walk on the WILD side...

Boost Your Immunity



Try to get regular, moderate exercise, like a daily 30-minute walk. It can help your immune system fight infection. Exercise can also boost your body's feel-good chemicals and help you sleep better. Both of those are good for your immune system.

How Long Are Your Walks?



Get In Line Game



As you walk with your family, listen for the chirp of a bird. When you hear the chirp, line up single file and keep walking. Each time you hear another bird, the person at the front of the line moves to the back and there's a new leader. Do this until you spot the next sign.

START