Do you workout?
73 responses

- Yes: 32.9%
- No: 9.6%
- Sometimes: 57.5%

Do you prefer to workout in a group or alone?
73 responses

- Group: 58.9%
- Alone: 41.1%

How many days a week do you workout?
73 responses

- 1-2: 32.9%
- 3-4: 30.1%
- 5-7: 26%
- None: 11%
Does going to the gym give you anxiety?
73 responses

- Yes: 58.9%
- No: 41.1%

Does working out with a partner motivate you more to go to the gym?
73 responses

- Yes: 75.3%
- No: 24.7%
Have you ever participated in a group workout?
73 responses

What motivates you to go to the gym? Select all that apply
73 responses

What makes you nervous at the gym?
72 responses