

Get Sporty, Stay Healthy

Start: 01-01-2019 - End: 30-06-2020

Project Reference: 603029-EPP-1-2018-1-IT-SPO-SSCP

EU Grant: 55075 EUR

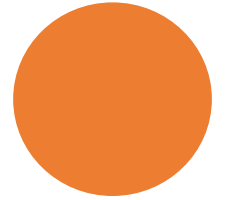
Programme: Erasmus+

Key Action: Sport

Action Type: Collaborative Partnerships

Survey

Co-funded by the
Erasmus+ Programme
of the European Union



This survey has been created as result for the project "get sporty, stay healthy", promoted by the Italian Association 3MLAB and co-funded by the European commission through the Erasmus+ program.

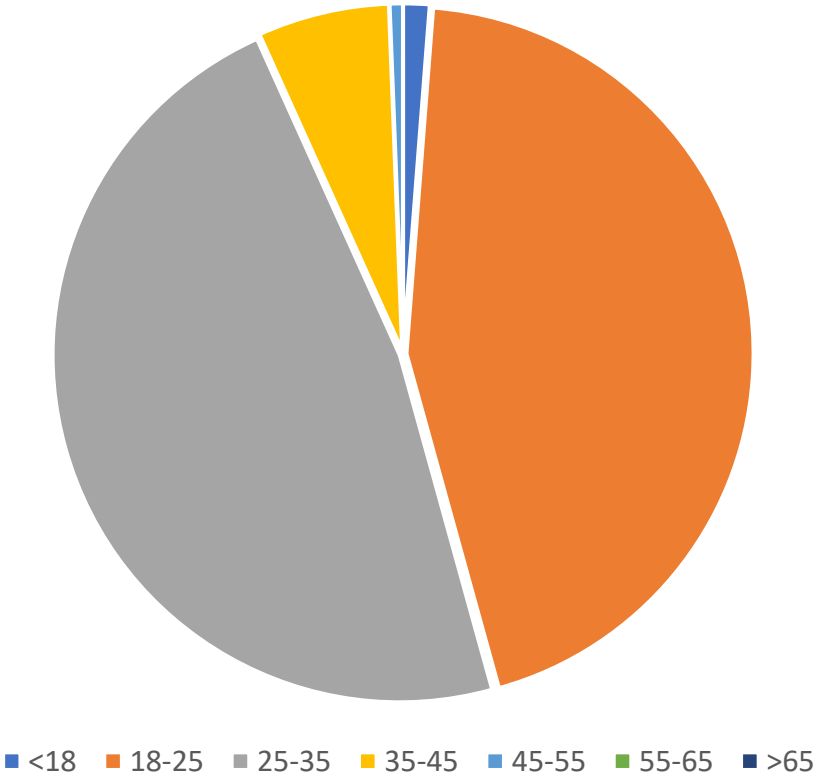
Link

https://docs.google.com/forms/d/e/1FAIpQLScod-KqZ84rsBGGGA1p0aIRCJ4eQGyACDOI3p79AafhJYLxWg/viewform?fbclid=IwAR39fwSWm_DDXIMgRhD4ishtqJ5MPFq6tOmz9bBVuAx0E77asu-MmOy5EzU



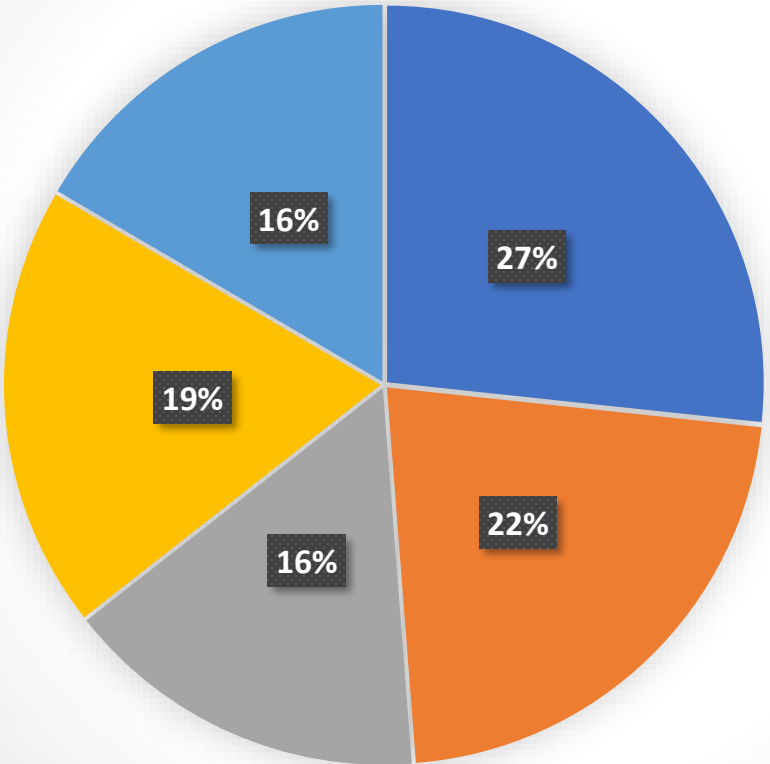
TOTAL REPLAYES: 326 unit

WHAT'S YOUR AGE?



TOTAL REPLAYES: 326 unit

WHICH COUNTRY ARE YOU FROM?

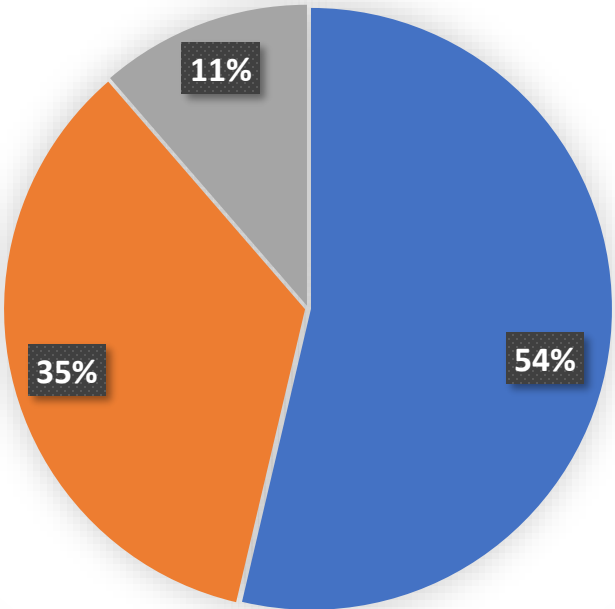


- Italy
- Spain
- Greece
- Bulgaria
- Romania

TOTAL REPLAYES: 326 unit

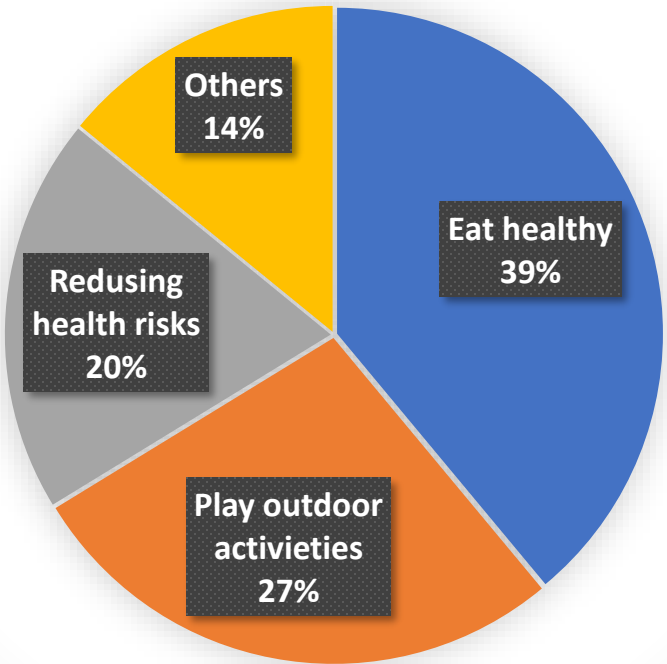
DO YOU KNOW WHAT IS YOUR HEALTHY WEIGH IS?

■ Yes ■ No ■ No, but i'd like to find it out



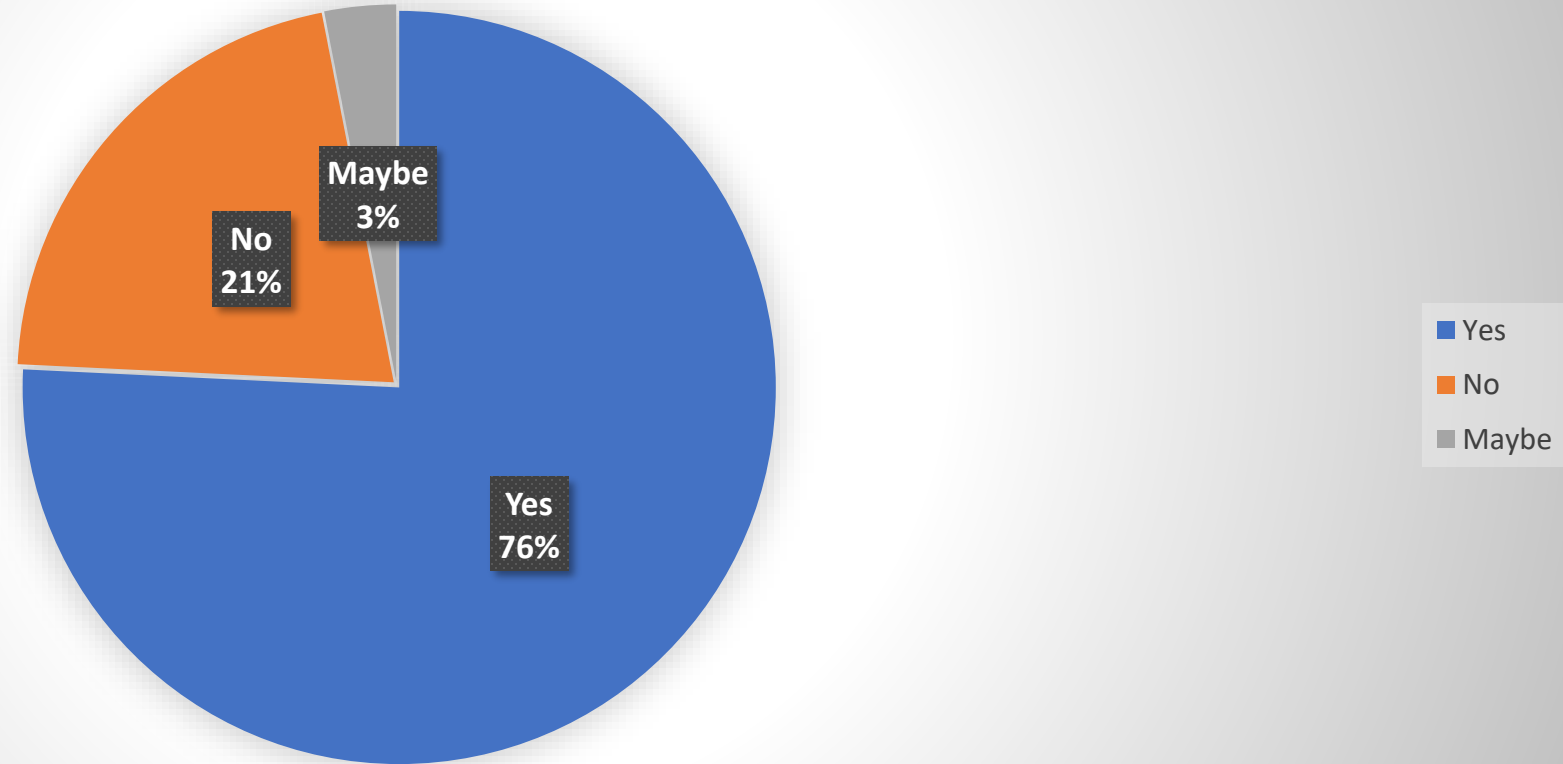
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SET UP YOUR TOP 3 HEALTH GOALS



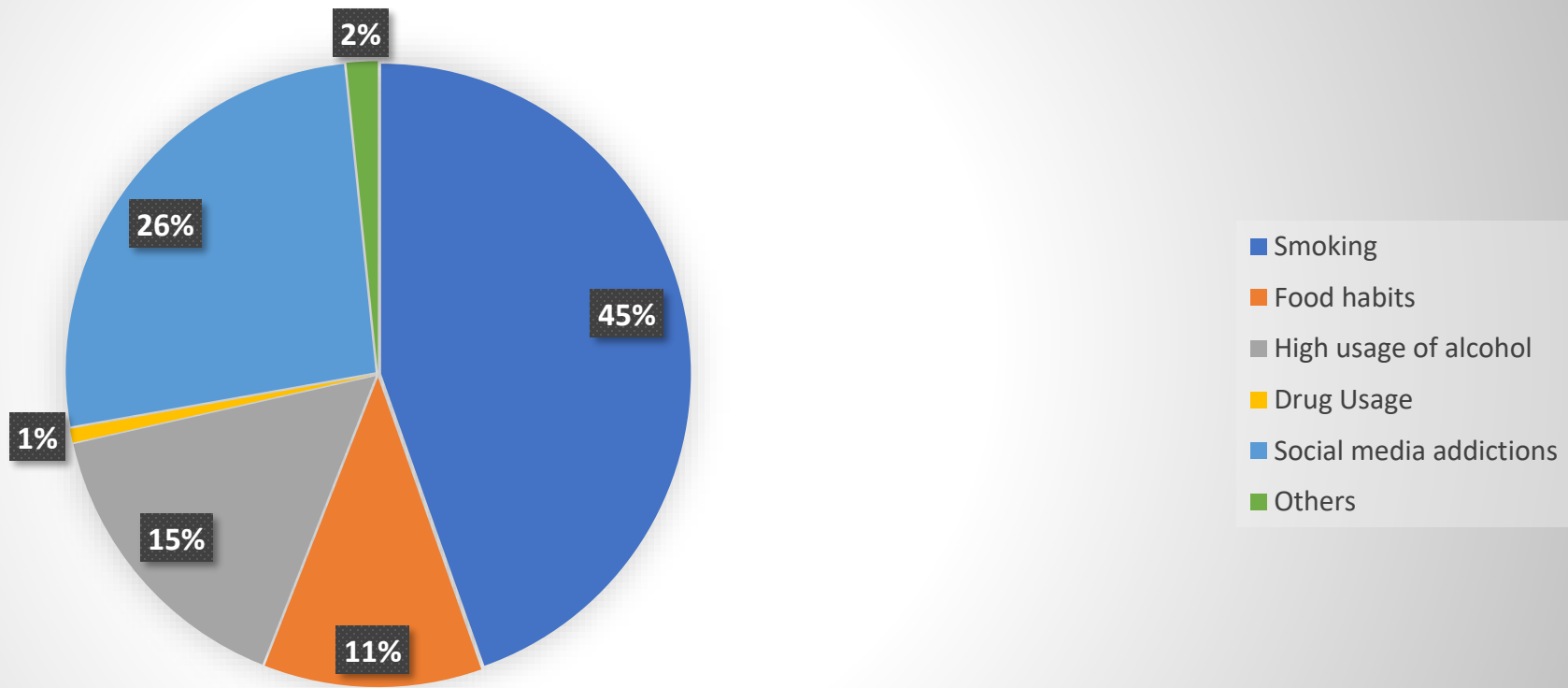
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ARE YOU WORKING TO ARCHIEVE THEM?



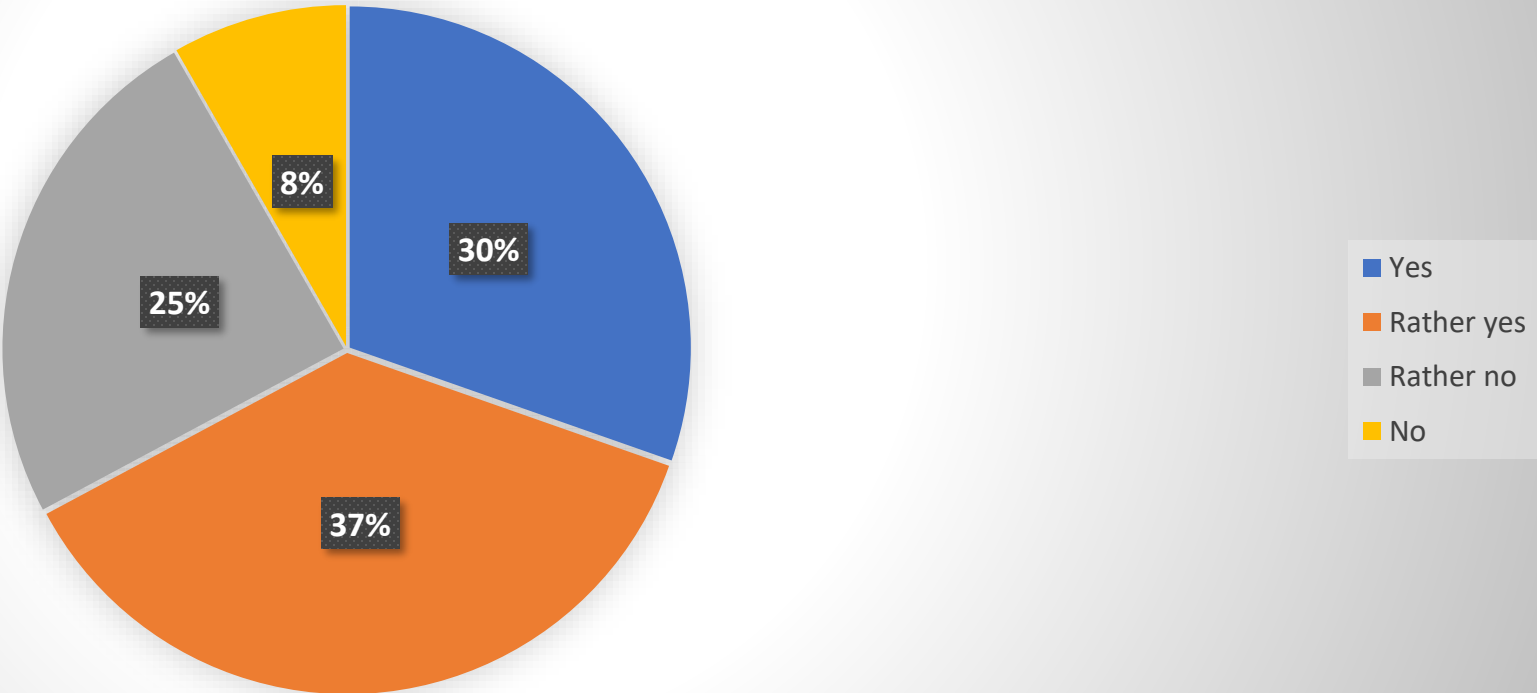
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WHAT KIND OF HABITS DO YOU WANT TO GIVE UP ON?



TOTAL REPLAYES: 326 unit

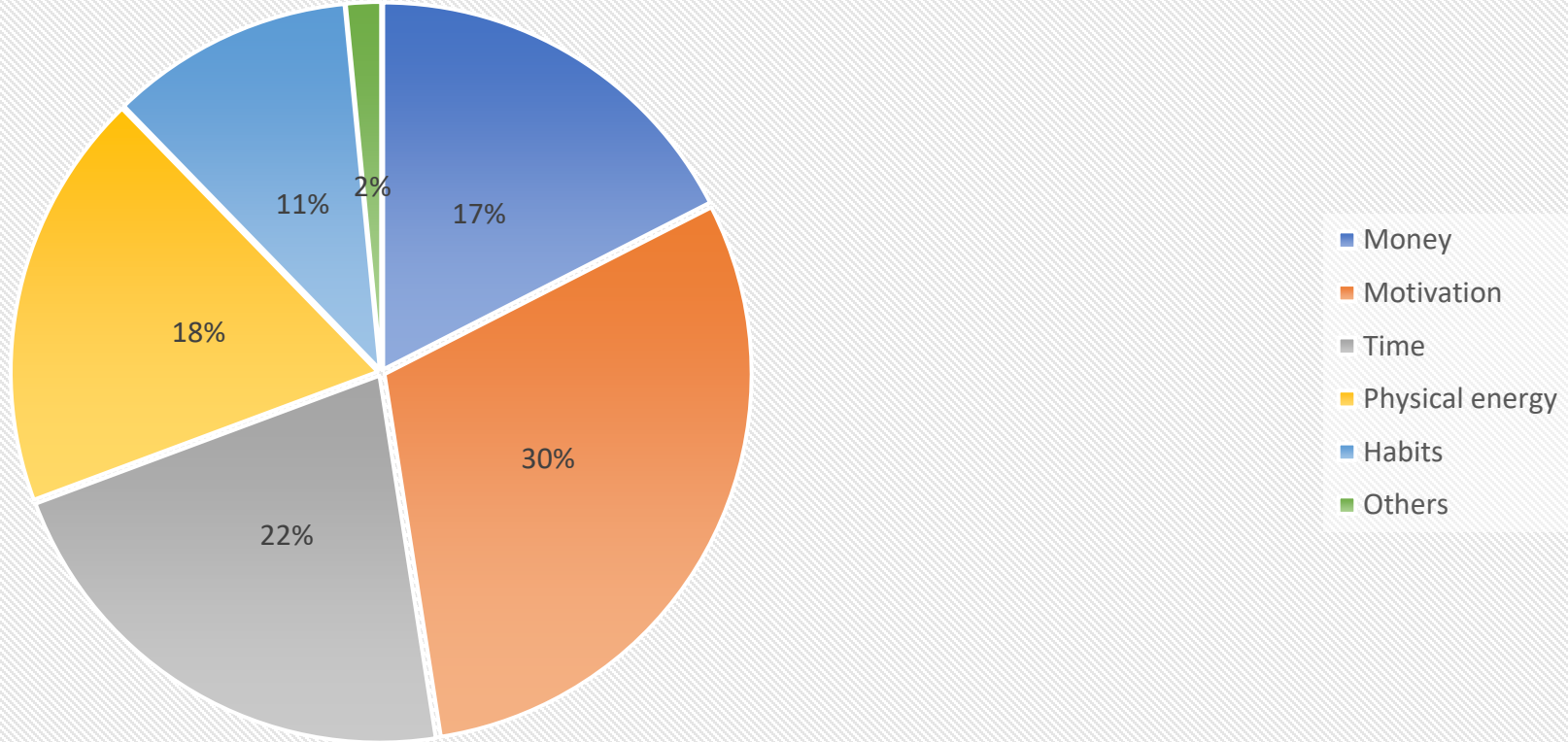
DO YOU THINK THAT THE USAGE OF TECHNOLOGY HAS AN INFLUENCE ON OUR LIVES?



TOTAL REPLAYES: 326 unit

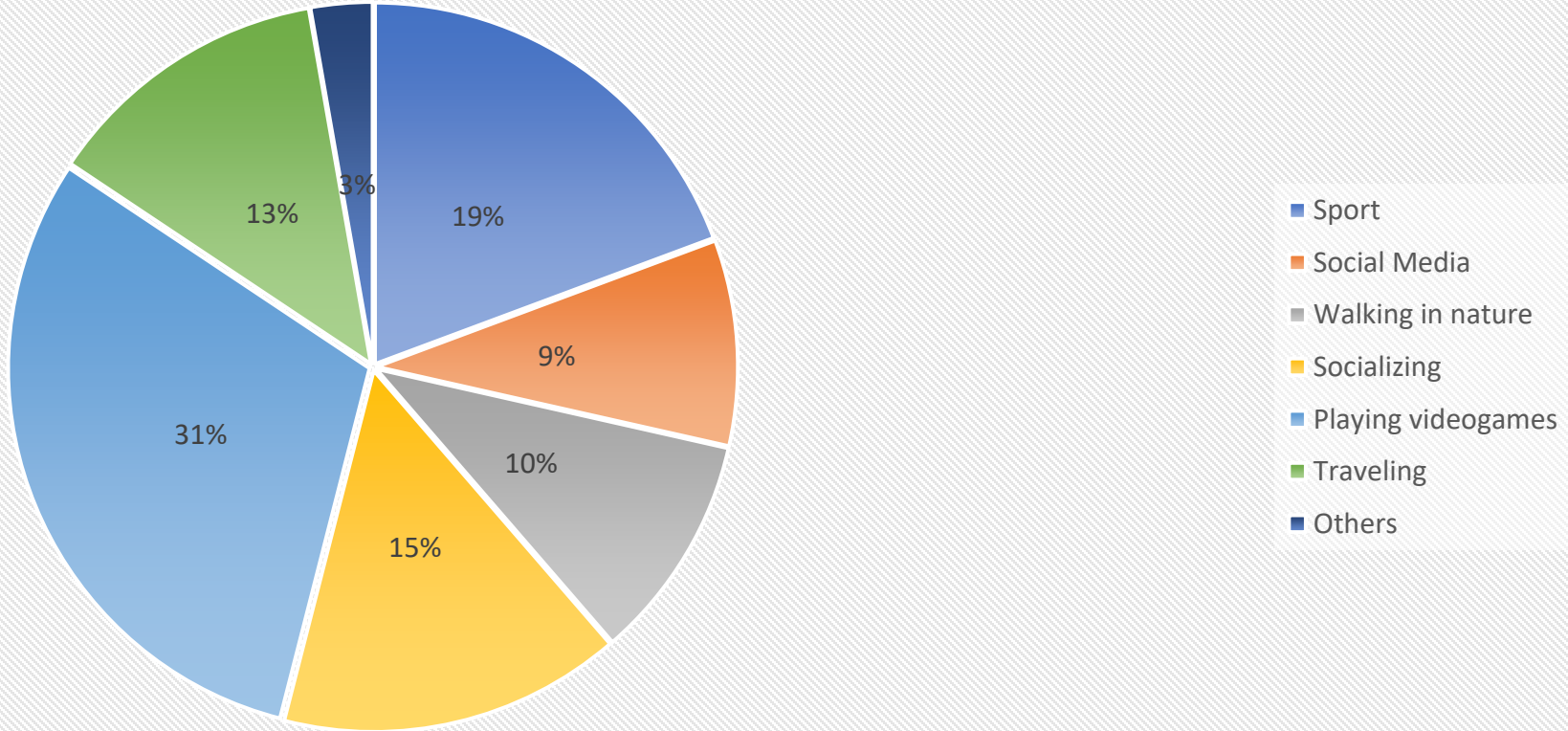


WHAT IS YOUR BIGGEST CHALLENGE TO LIVE HEALTHY?



TOTAL REPLAYES: 326 unit

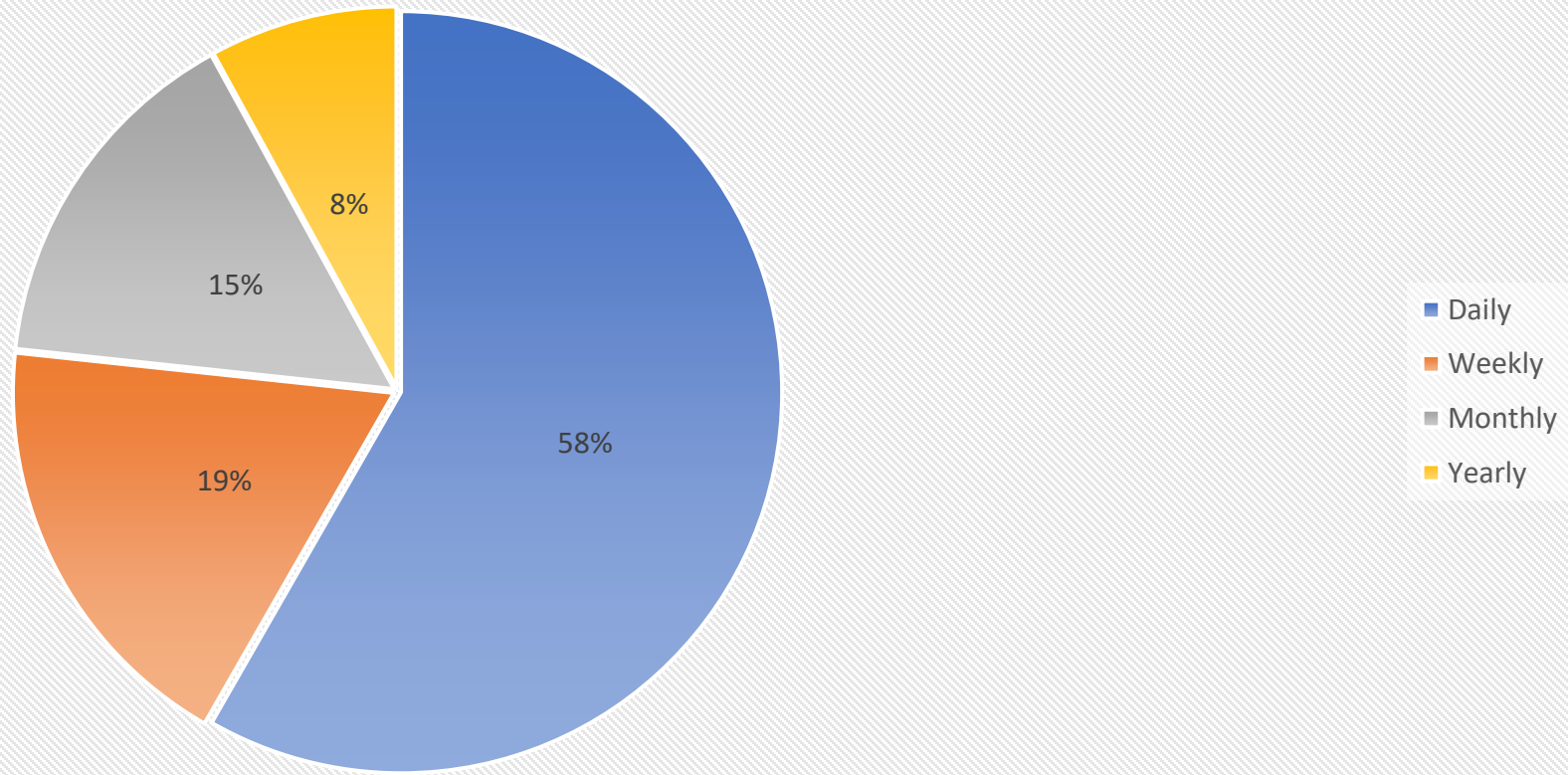
WHAT KIND OF LEISURE ACTIVITIES DO YOU HAVE IN ORDER TO RELAX?



TOTAL REPLAYES: 326 unit

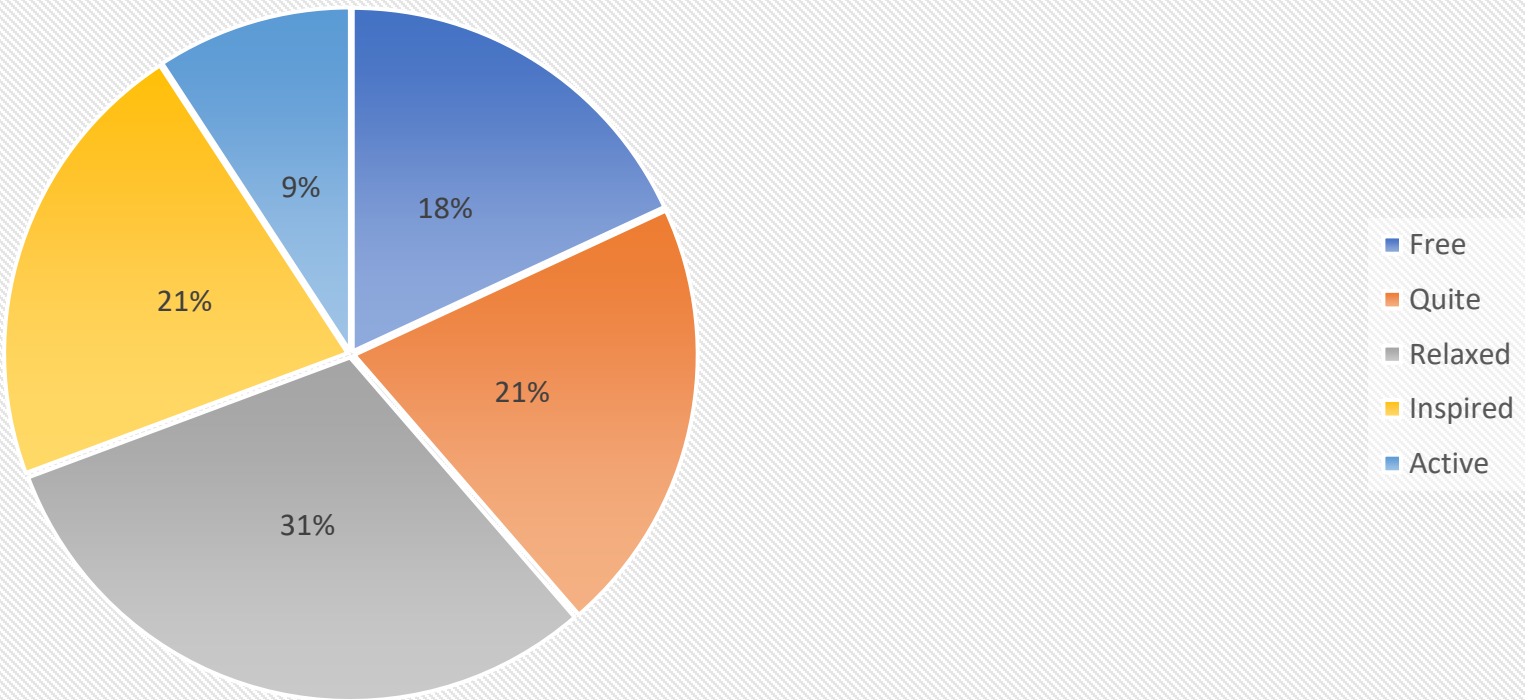


HOW OFTEN DO YOU GET IN TOUCH WITH NATURE? (MOUNTAINS, SEASIDE, PARKS ETC..)



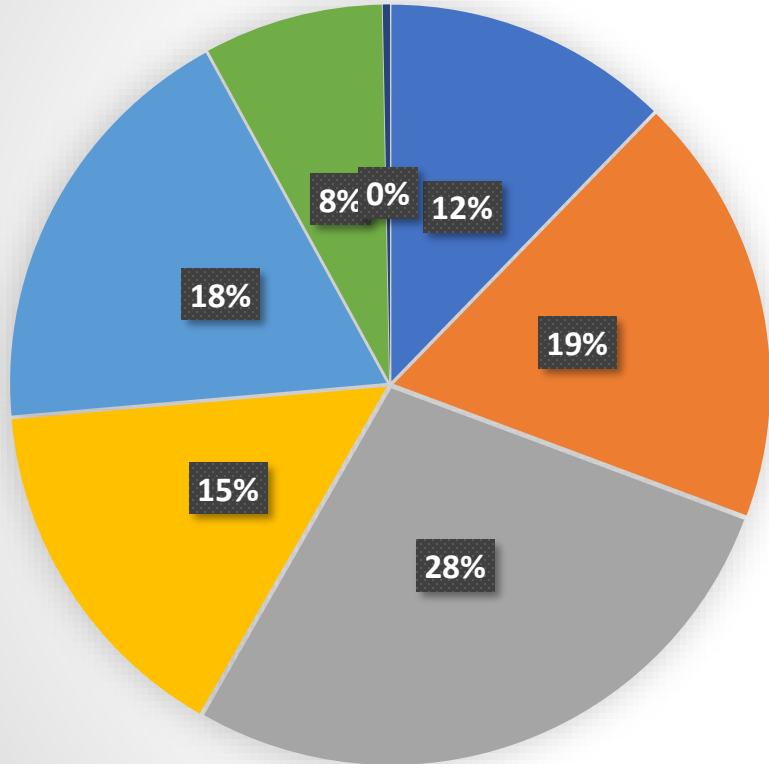
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DESCRIBE HOW YOU FEEL WHEN YOU ARE OUT IN NATURE. (up to 5 words)



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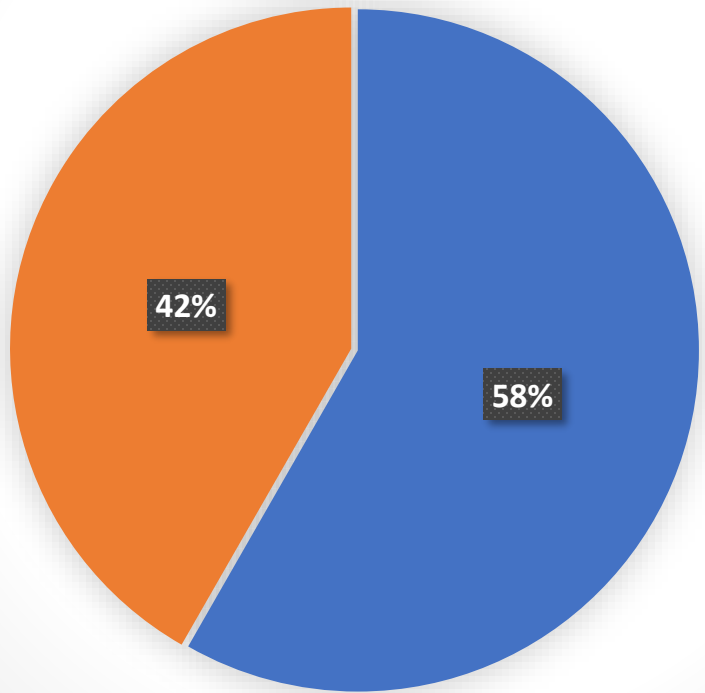
HOW DO YOU GET IN TOUCH WITH SOCIAL GROUPS?



- Social media
- Sport activiets
- Night life
- Traveling
- School/University
- Family
- I don't get in toucht with social groups

TOTAL REPLAYES: 326 unit

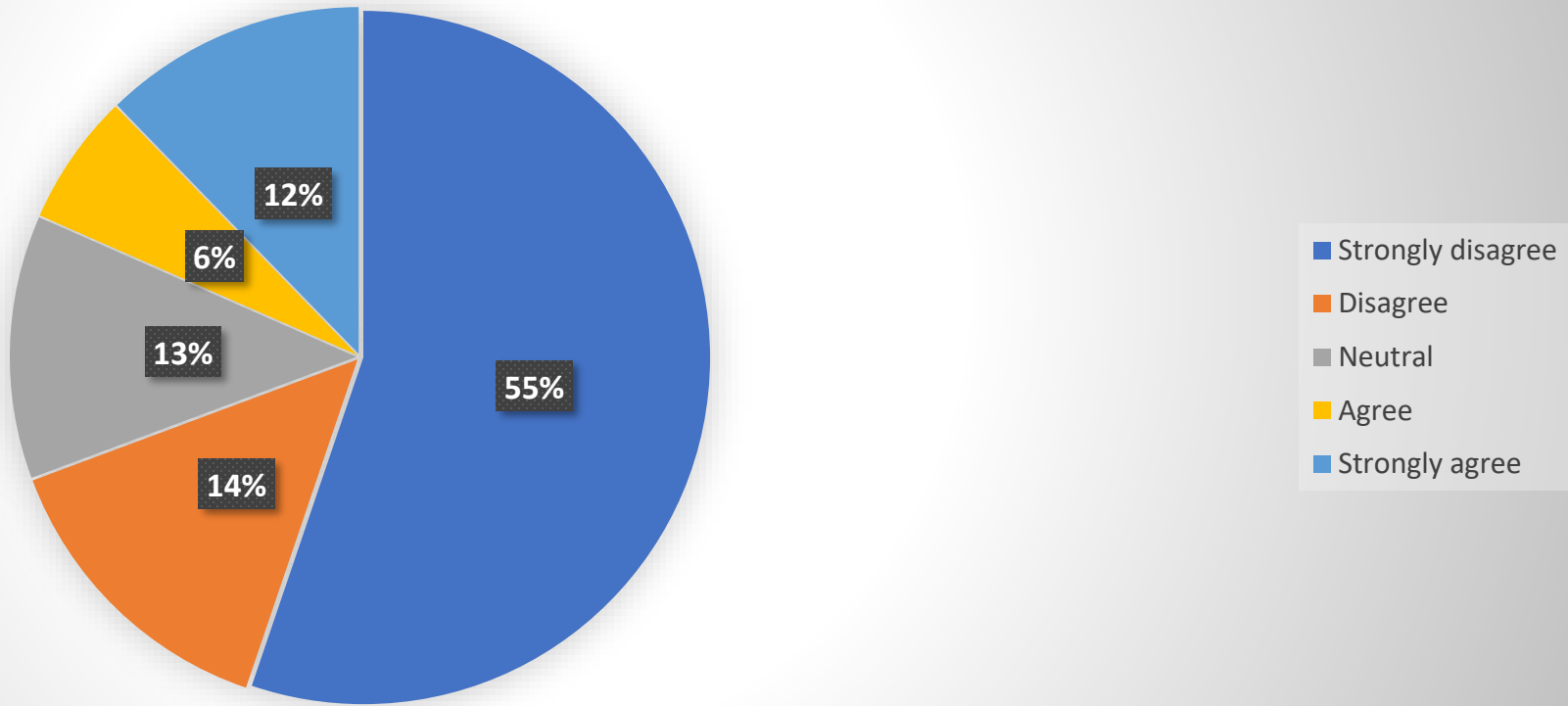
IS IT EASY FOR YOU TO PUT YOURSELF IN SOMEONE ELSE'S SHOES? (are you an empathic person?)



■ Yes
■ No

TOTAL REPLAYES: 326 unit

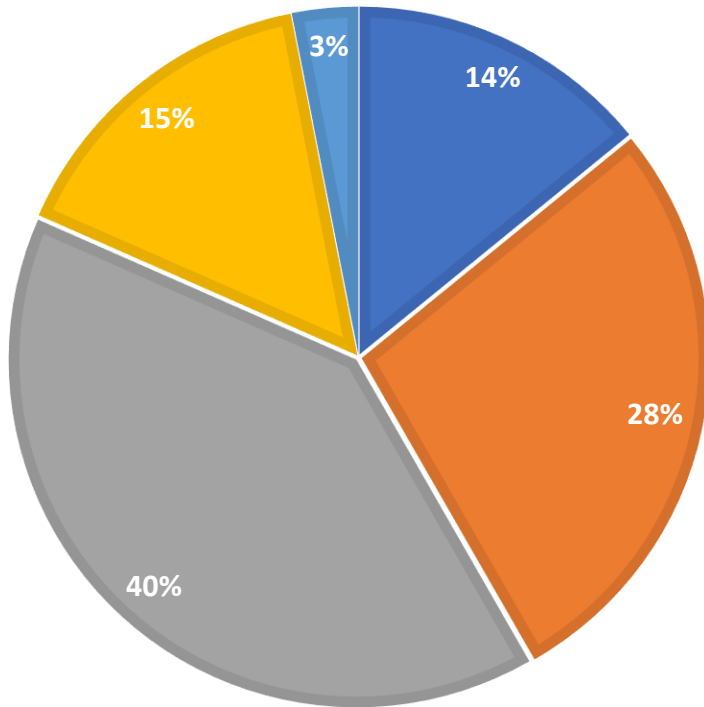
STUDIES PROVED THAT SLEEPING BETWEEN 7-9 HOURS PER DAY IS MORE LIKELY TO HAVE A HEALTHY LIFE. DO YOU AGREE WITH THIS STUDIES?



TOTAL REPLAYES: 326 unit

HOW LACK OF SLEEP AFFECTS YOU?

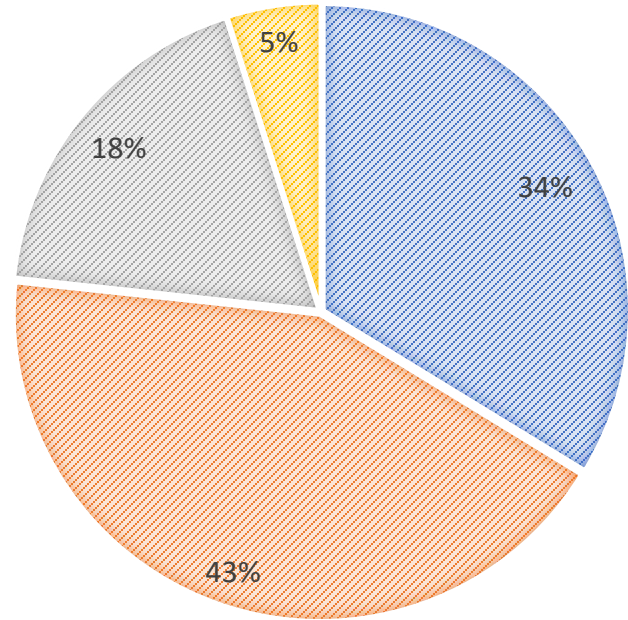
■ I can't focus on my daily tasks ■ I don't have energy ■ Easily annoyed ■ Decreases my productivity ■ Others



TOTAL REPLAYES: 326 unit

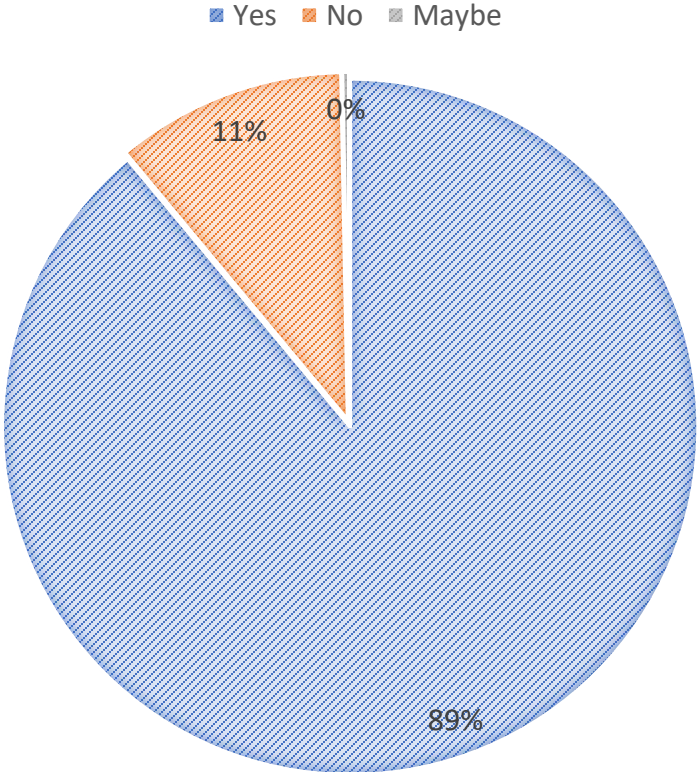
WHICH IS THE HEALTHIEST DAILY COMSUPTION BALANCE FOR YOU?

- Train 3 times/week + 5 meals/day
- Healty breakfast + dinner up to 19.00
- Train everyday and eat what you want
- Others



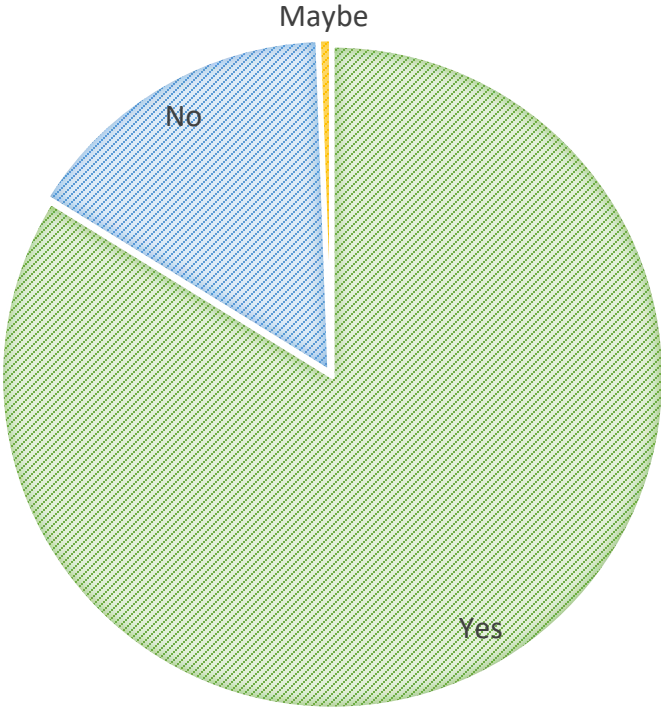
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DO YOU THINK THAT TRAVELING IS IMPORTANT FOT THE WELL BEING?



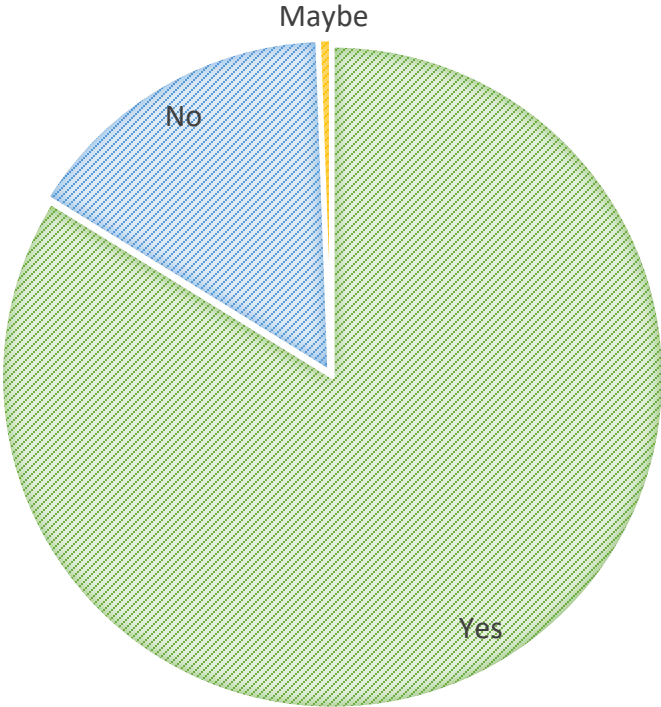
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DO YOU THINK THAT ARE DOING YOUR BEST TO HAVE AN HEALTHY LIFE



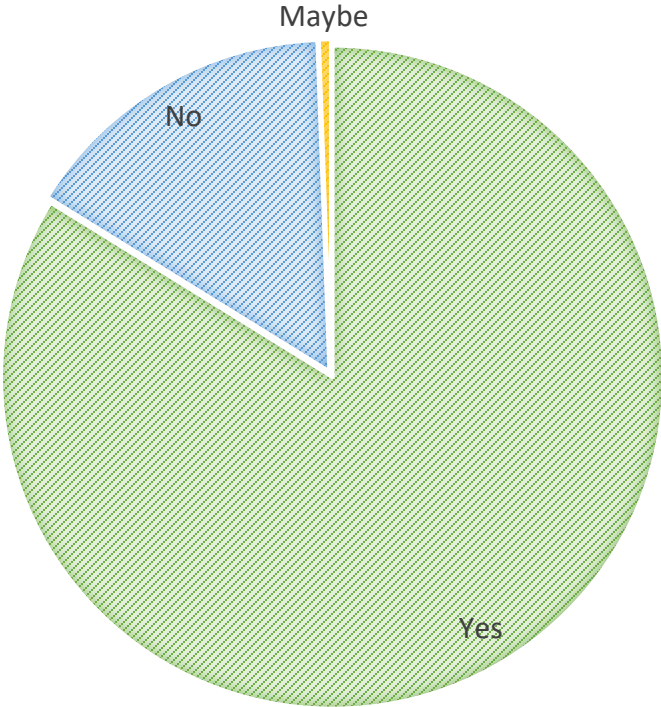
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DO YOU THINK THAT ARE DOING YOUR BEST TO HAVE AN HEALTHY LIFE



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DO YOU THINK THAT ARE DOING YOUR BEST TO HAVE AN HEALTHY LIFE



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Website

<https://www.3mtraininglab.com/progetto-europeo-get-sporty-stay-healthy/>