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## Results

### Survey 94111

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Number of records in this query:	311
Total records in survey:	311
Percentage of total:	100.00%





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## Field summary for 1

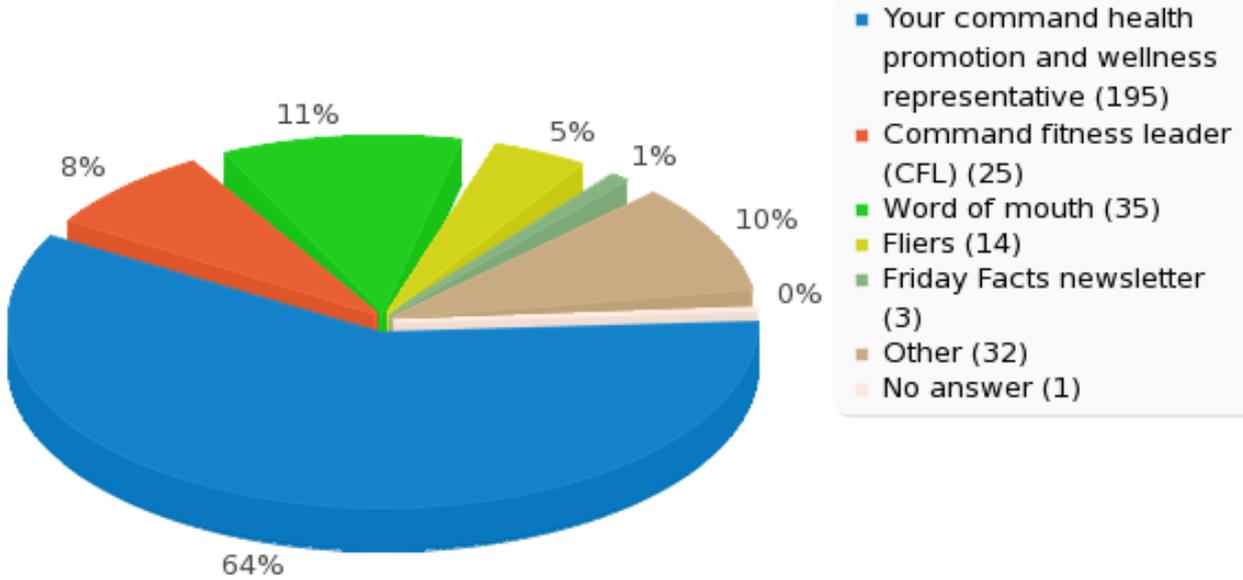
How did you primarily hear about Crews Into Shape?

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<b>Answer</b>	<b>Count</b>	<b>Percentage</b>
Your command health promotion and wellness representative (a)	195	63.93%
Command fitness leader (CFL) (b)	25	8.20%
Word of mouth (c)	35	11.48%
Fliers (d)	14	4.59%
Friday Facts newsletter (e)	3	0.98%
Other	32	10.49%
No answer	1	0.33%

## Field summary for 1

How did you primarily hear about Crews Into Shape?





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## Field summary for 2(a)

The Crews Into Shape helped me improve:  
[My daily intake of fruit]

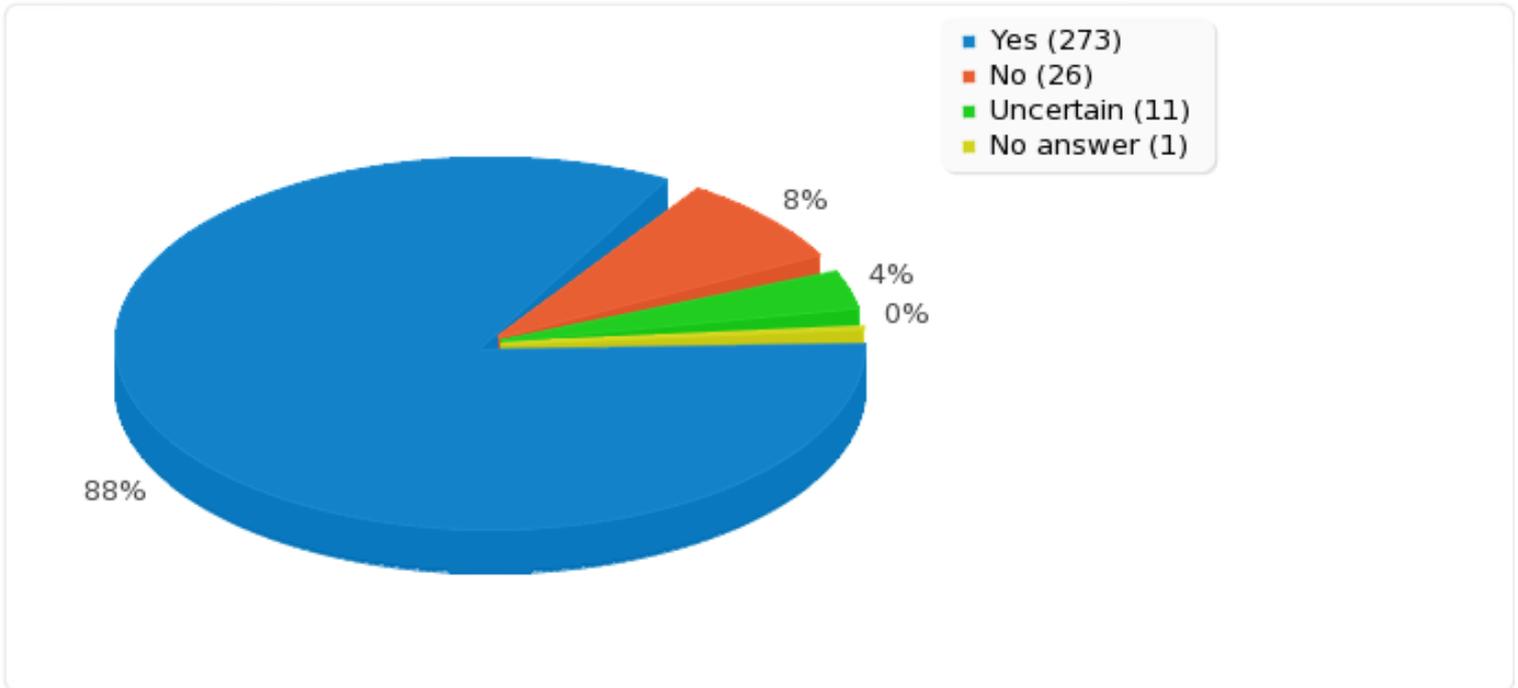
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Answer	Count	Percentage
Yes (Y)	273	87.78%
No (N)	26	8.36%
Uncertain (U)	11	3.54%
No answer	1	0.32%

### Field summary for 2(a)

The Crews Into Shape helped me improve:  
[My daily intake of fruit]

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## Field summary for 2(b)

The Crews Into Shape helped me improve:  
[My daily physical activity]

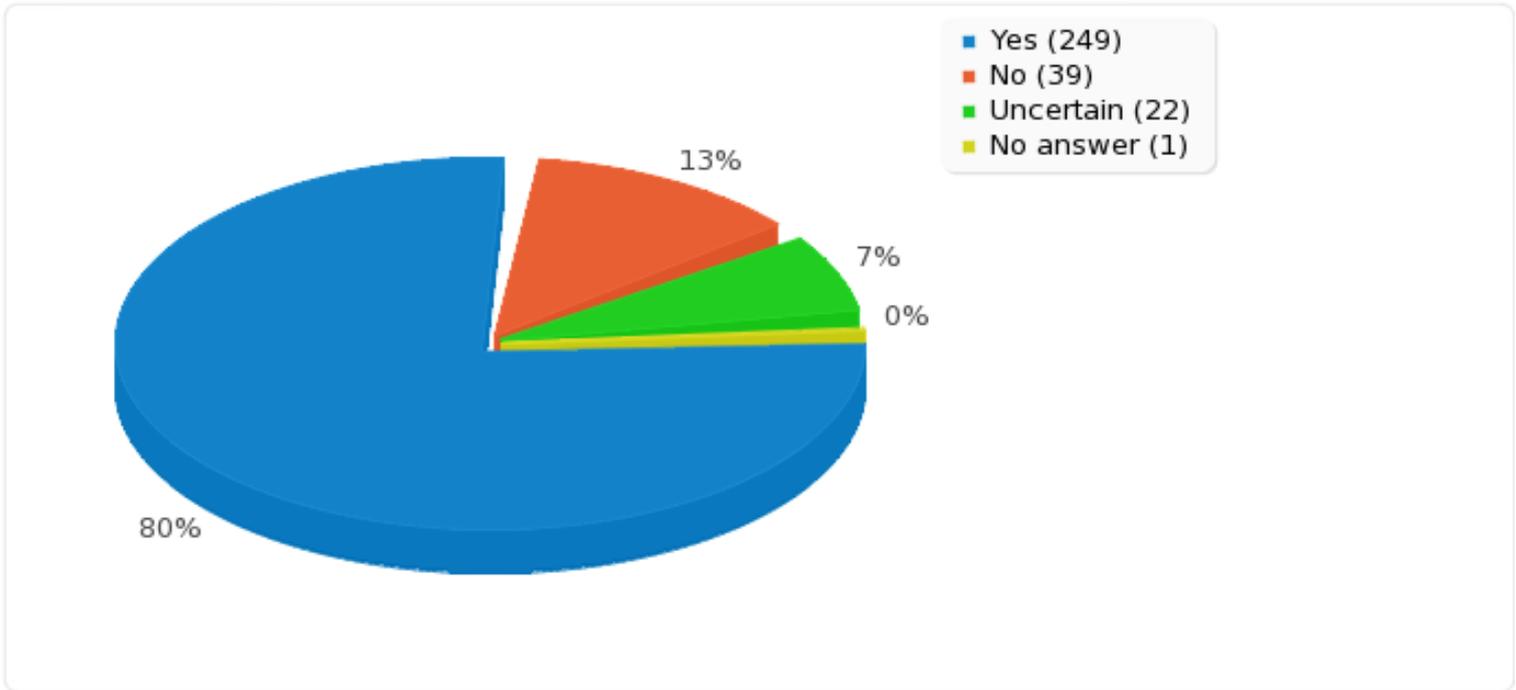
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Answer	Count	Percentage
Yes (Y)	249	80.06%
No (N)	39	12.54%
Uncertain (U)	22	7.07%
No answer	1	0.32%

## Field summary for 2(b)

The Crews Into Shape helped me improve:  
[My daily physical activity]

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### Field summary for 3(a)

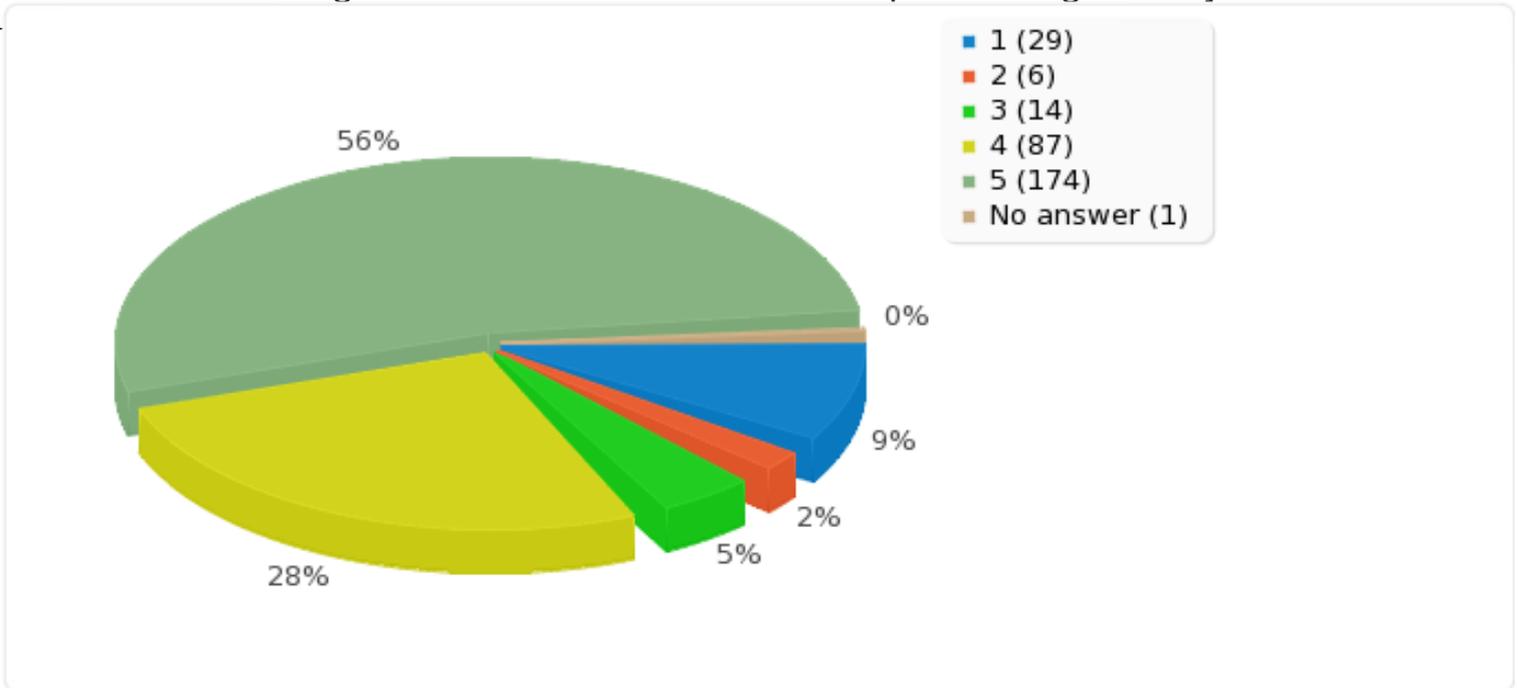
Please indicate your agreement with the following statements  
1 = strongly disagree  
2 = disagree  
3 = neither agree nor disagree  
4 = agree  
5 = strongly agree  
[I plan to continue my efforts to eat the daily recommended servings of fruits and vegetables after the Crews Into Shape challenge ends.]

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Answer	Count	Percentage
1 (1)	29	9.32%
2 (2)	6	1.93%
3 (3)	14	4.50%
4 (4)	87	27.97%
5 (5)	174	55.95%
No answer	1	0.32%

### Field summary for 3(a)

Please indicate your agreement with the following statements  
1 = strongly disagree  
2 = disagree  
3 = neither agree nor disagree  
4 = agree  
5 = strongly agree  
[I plan to continue my efforts to eat the daily recommended servings of fruits and vegetables after the Crews Into Shape challenge ends.]





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### Field summary for 3(b)

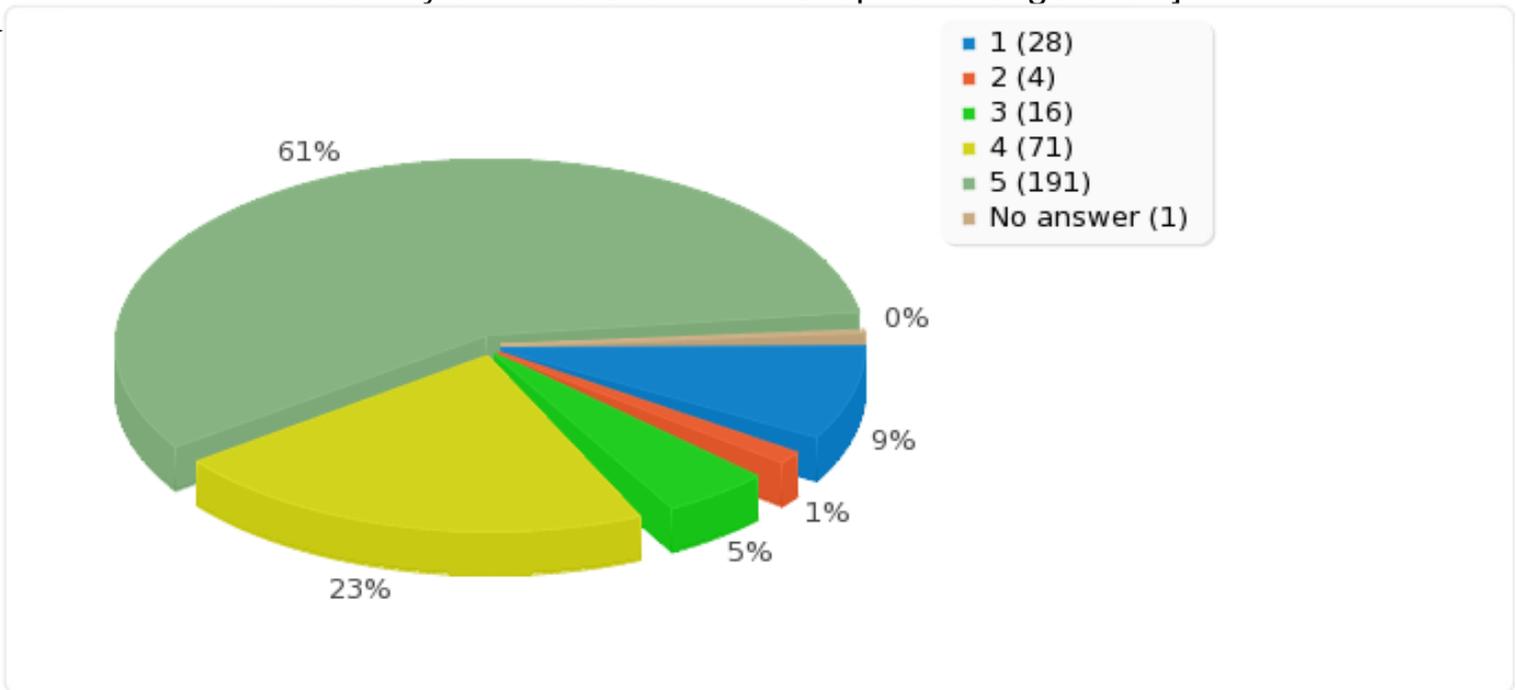
Please indicate your agreement with the following statements  
1 = strongly disagree  
2 = disagree  
3 = neither agree nor disagree  
4 = agree  
5 = strongly agree  
[I plan to continue my efforts to perform the recommended amount of physical activity after the Crews Into Shape challenge ends.]

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<b>Answer</b>	<b>Count</b>	<b>Percentage</b>
1 (1)	28	9.00%
2 (2)	4	1.29%
3 (3)	16	5.14%
4 (4)	71	22.83%
5 (5)	191	61.41%
No answer	1	0.32%

### Field summary for 3(b)

Please indicate your agreement with the following statements  
1 = strongly disagree  
2 = disagree  
3 = neither agree nor disagree  
4 = agree  
5 = strongly agree  
[I plan to continue my efforts to perform the recommended amount of physical activity after the Crews Into Shape challenge ends.]





## Field summary for 4

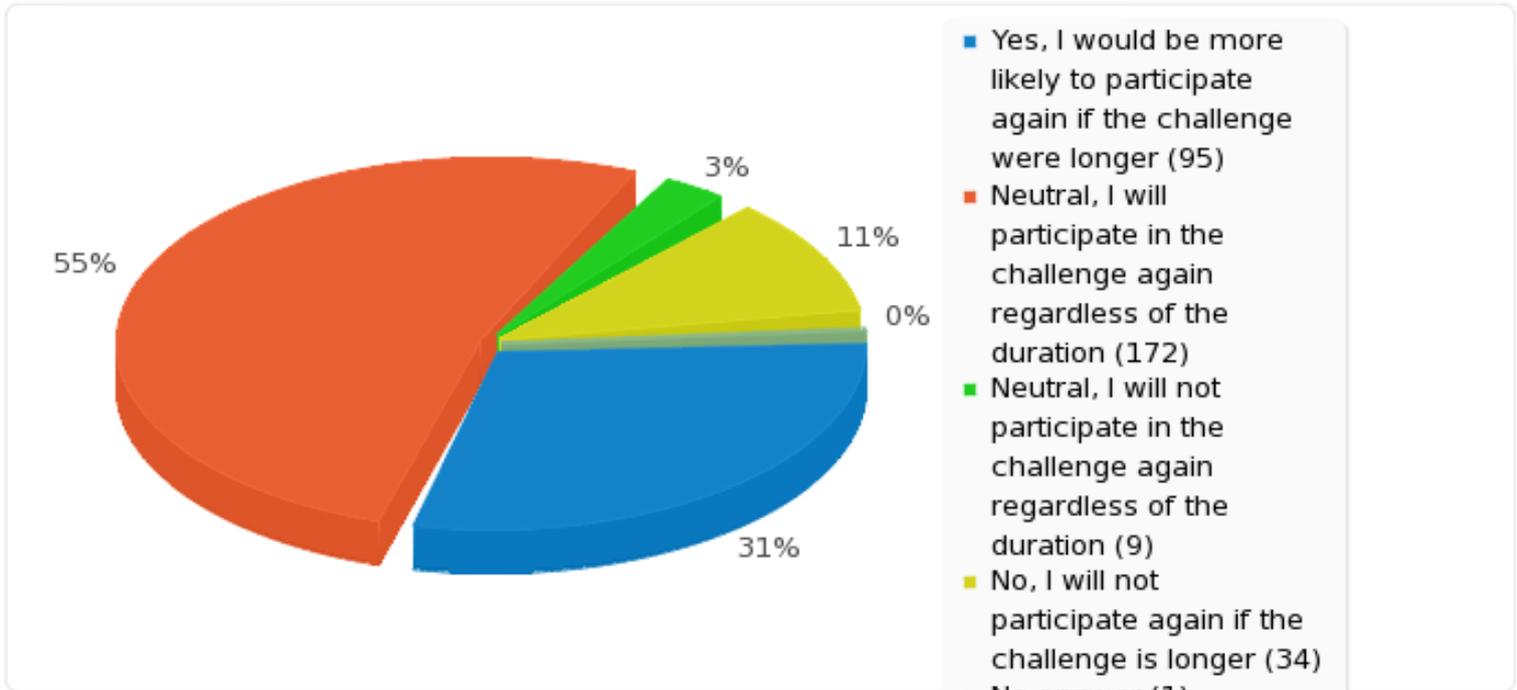
Would you like to see the Crews Into Shape challenge run for a longer duration, for example a three month period instead of four weeks?

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Answer	Count	Percentage
Yes, I would be more likely to participate again if the challenge were longer	95	30.55%
Neutral, I will participate in the challenge again regardless of the duration (b)	172	55.31%
Neutral, I will not participate in the challenge again regardless of the duration (c)	9	2.89%
No, I will not participate again if the challenge is longer (d)	34	10.93%
No answer	1	0.32%

## Field summary for 4

Would you like to see the Crews Into Shape challenge run for a longer duration, for example a three month period instead of four weeks?





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## Field summary for 5

Was the Crews News newsletter helpful?

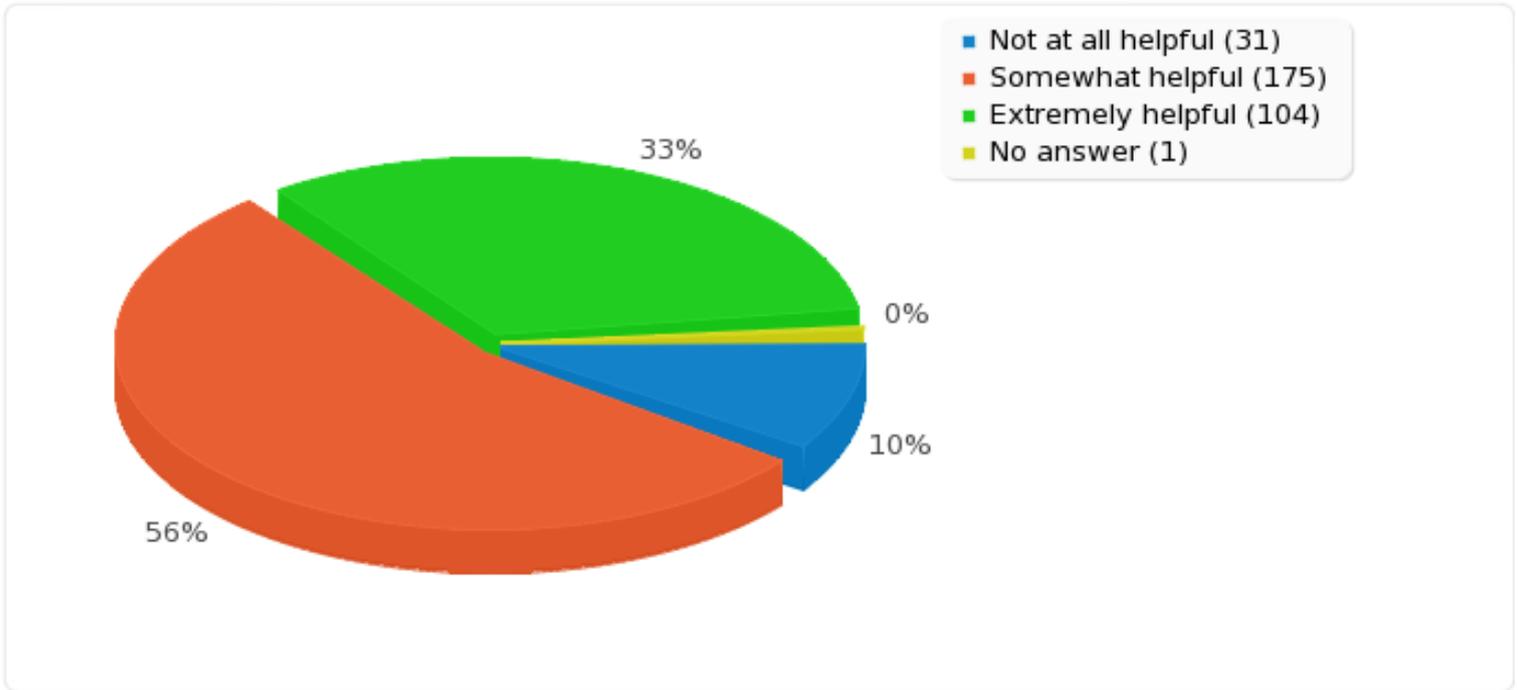
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<b>Answer</b>	<b>Count</b>	<b>Percentage</b>
Not at all helpful (a)	31	9.97%
Somewhat helpful (b)	175	56.27%
Extremely helpful (c)	104	33.44%
No answer	1	0.32%

## Field summary for 5

Was the Crews News newsletter helpful?

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## Field summary for 6

My comments about the Crews Into Shape:

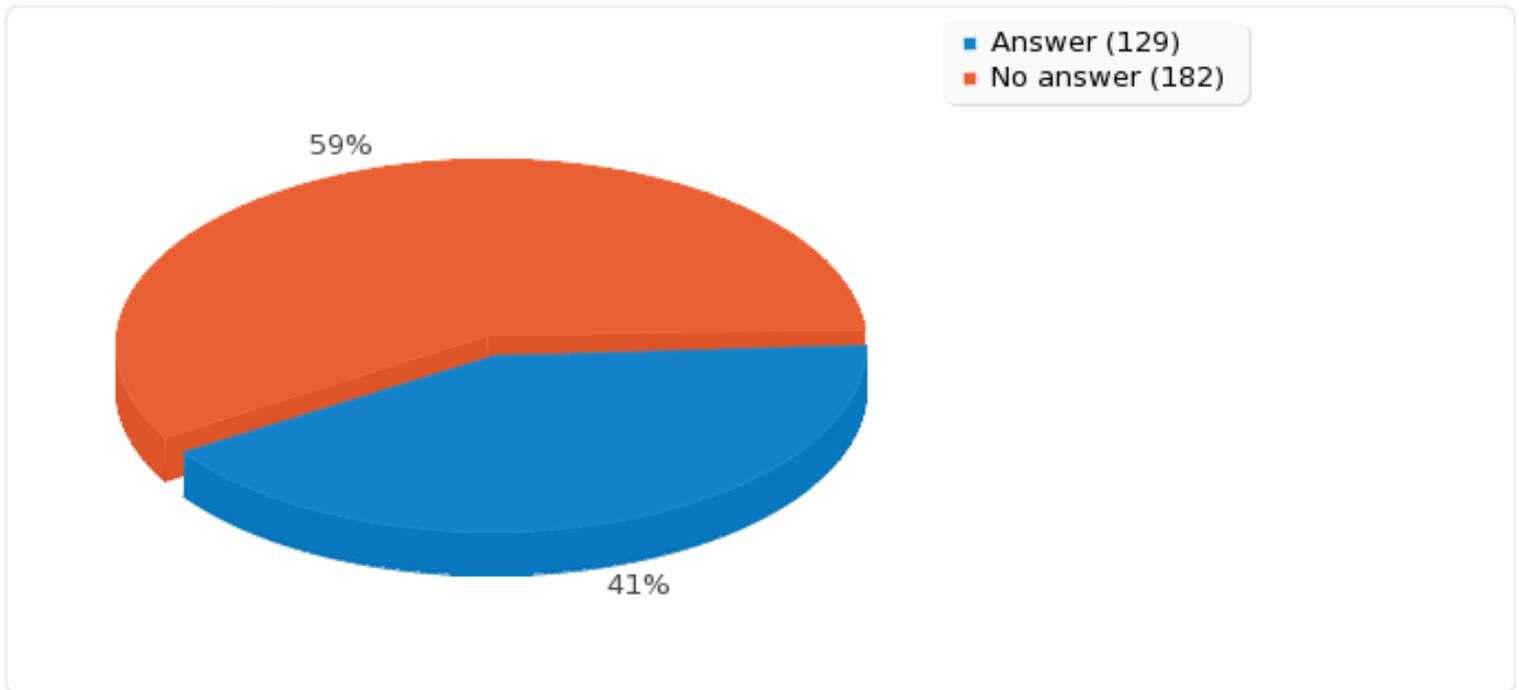
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<b>Answer</b>	<b>Count</b>	<b>Percentage</b>
Answer	129	41.48%
No answer	182	58.52%

## Field summary for 6

My comments about the Crews Into Shape:

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## Field summary for 7

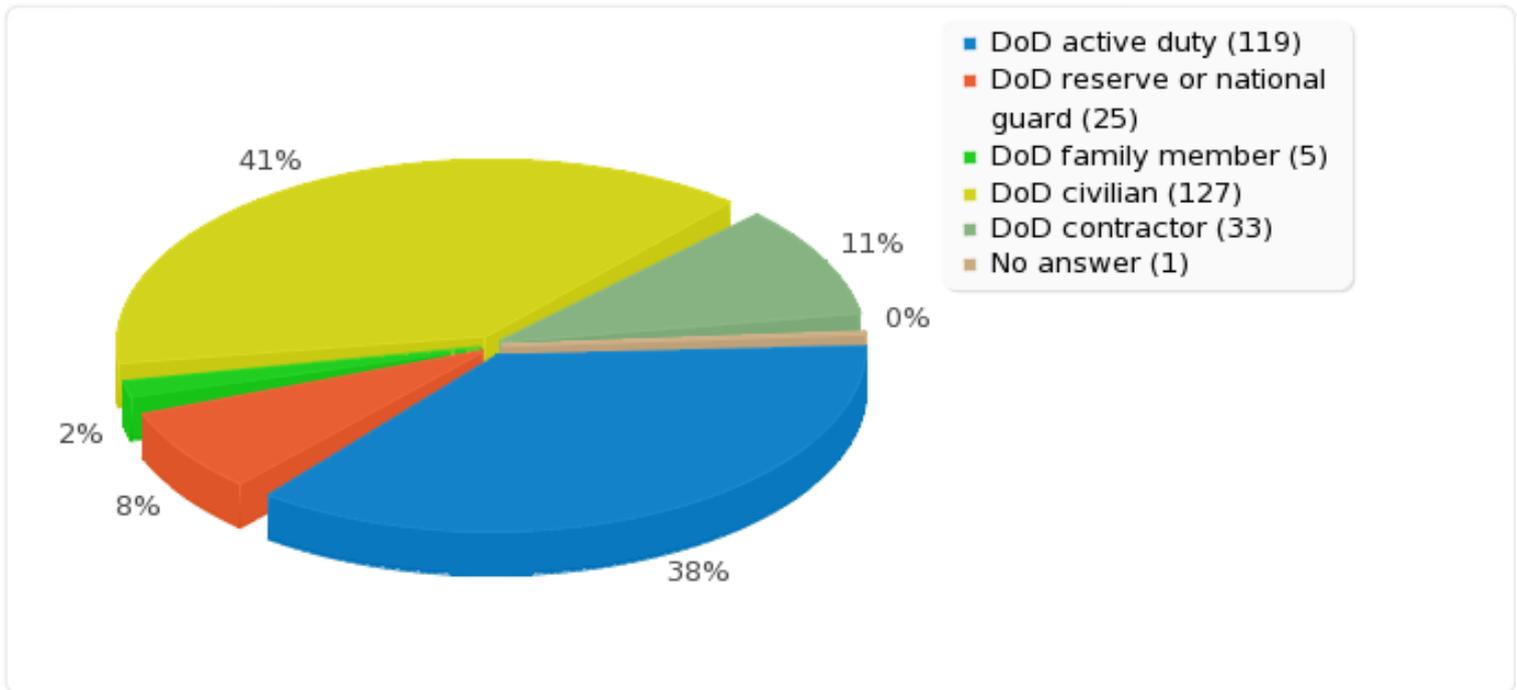
My duty status is:

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<b>Answer</b>	<b>Count</b>	<b>Percentage</b>
DoD active duty (a)	119	38.39%
DoD reserve or national guard (b)	25	8.06%
DoD family member (c)	5	1.61%
DoD civilian (d)	127	40.97%
DoD contractor (e)	33	10.65%
Other	0	0.00%
No answer	1	0.32%

## Field summary for 7

My duty status is:





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## Field summary for 7

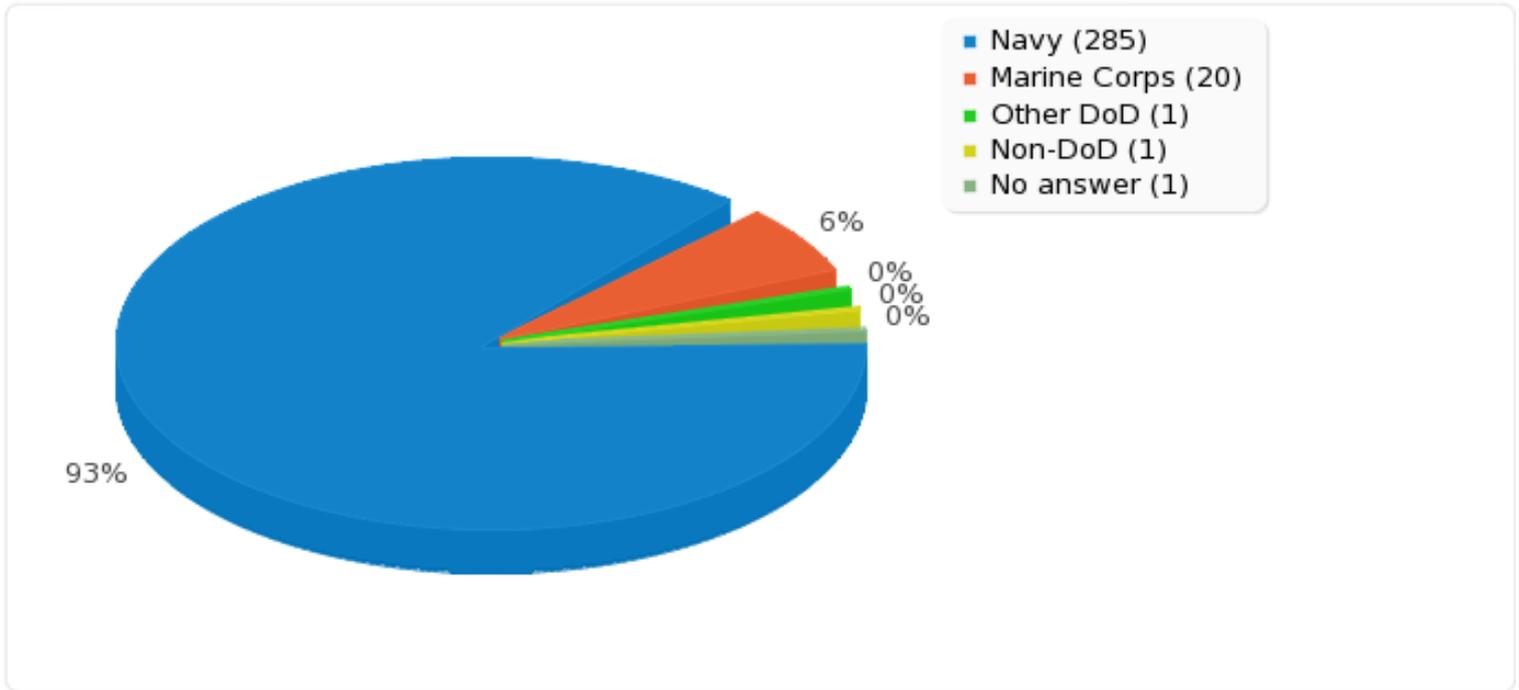
My service affiliation is best described as:

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<b>Answer</b>	<b>Count</b>	<b>Percentage</b>
Army (a)	0	0.00%
Navy (b)	285	92.53%
Marine Corps (c)	20	6.49%
Air Force (d)	0	0.00%
Coast Guard (e)	0	0.00%
Other DoD (f)	1	0.32%
Non-DoD (g)	1	0.32%
Other	0	0.00%
No answer	1	0.32%

## Field summary for 7

My service affiliation is best described as:





## Field summary for 8

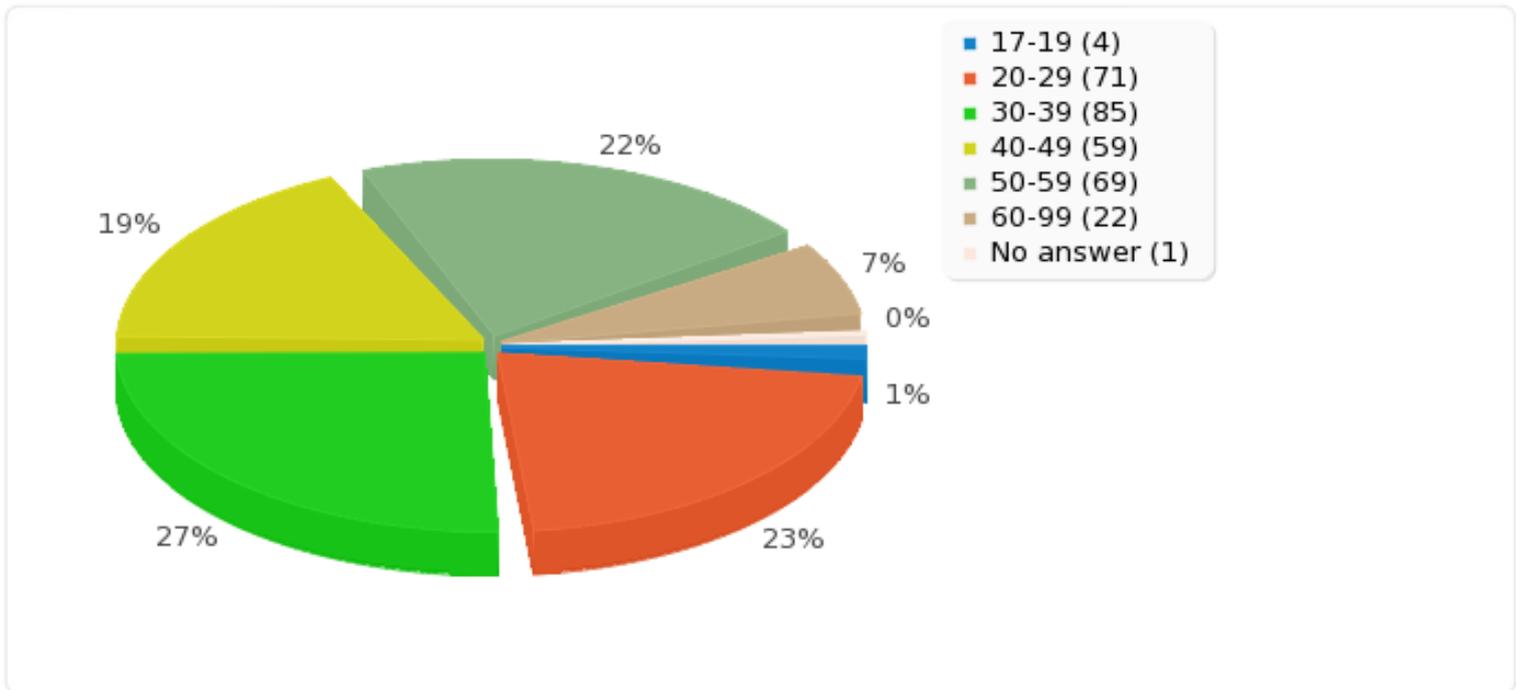
My age range is:

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Answer	Count	Percentage
0-16 (a)	0	0.00%
17-19 (b)	4	1.29%
20-29 (c)	71	22.83%
30-39 (d)	85	27.33%
40-49 (e)	59	18.97%
50-59 (f)	69	22.19%
60-99 (g)	22	7.07%
No answer	1	0.32%

## Field summary for 8

My age range is:





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## Field summary for 9

My gender is:

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Answer	Count	Percentage
male (a)	127	40.84%
female (b)	183	58.84%
No answer	1	0.32%

## Field summary for 9

My gender is:

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