



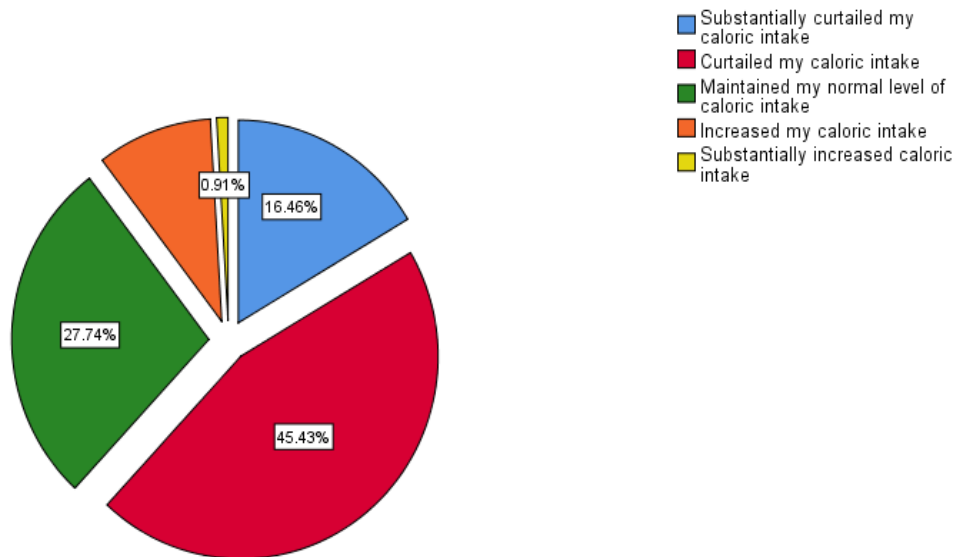
Quick Poll on Input and Output

On 11 May 2020 we launched a four-item poll asking how individuals were experiencing the shelter-in-place order in their necks of the woods. The poll was launched on two social media platforms and also to a Yahoo e-mail group. We are not presenting this data as representative of a particular country, state, region, or the like. It represents the folks on LinkedIn, Twitter, and Yahoo who follow us and decided that they had 10 seconds to provide an opinion. Three hundred and twenty-eight (328) individuals made the decision to participate. Thank you. Here is what they said:

Regarding the past six weeks or so, I have:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Substantially curtailed my caloric intake	54	16.5	16.5	16.5
	Curtailed my caloric intake	149	45.4	45.4	61.9
	Maintained my normal level of caloric intake	91	27.7	27.7	89.6
	Increased my caloric intake	31	9.5	9.5	99.1
	Substantially increased caloric intake	3	.9	.9	100.0
Total		328	100.0	100.0	

Regarding the past six weeks or so, I have:

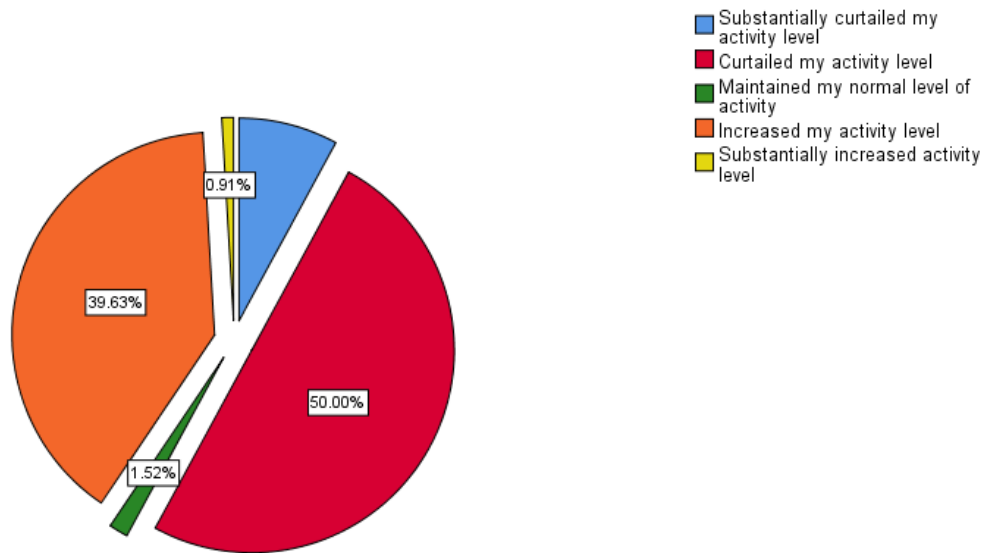


Sixty-two percent were eating less.

Regarding the past six weeks or so, I have:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Substantially curtailed my activity level	26	7.9	7.9	7.9
	Curtailed my activity level	164	50.0	50.0	57.9
	Maintained my normal level of activity	5	1.5	1.5	59.5
	Increased my activity level	130	39.6	39.6	99.1
	Substantially increased activity level	3	.9	.9	100.0
Total		328	100.0	100.0	

Regarding the past six weeks or so, I have:

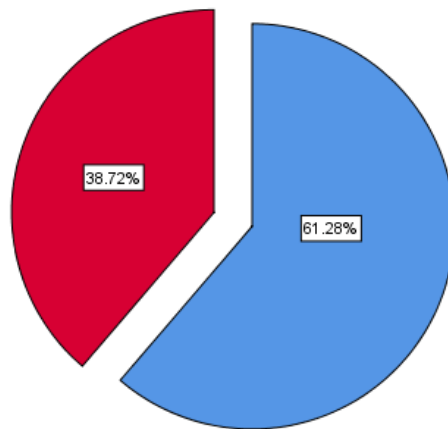


Forty-two percent maintained or increased their level of activity while half were less active.

Gender?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	201	61.3	61.3	61.3
	Male	127	38.7	38.7	100.0
	Total	328	100.0	100.0	

Gender?

Female
Male

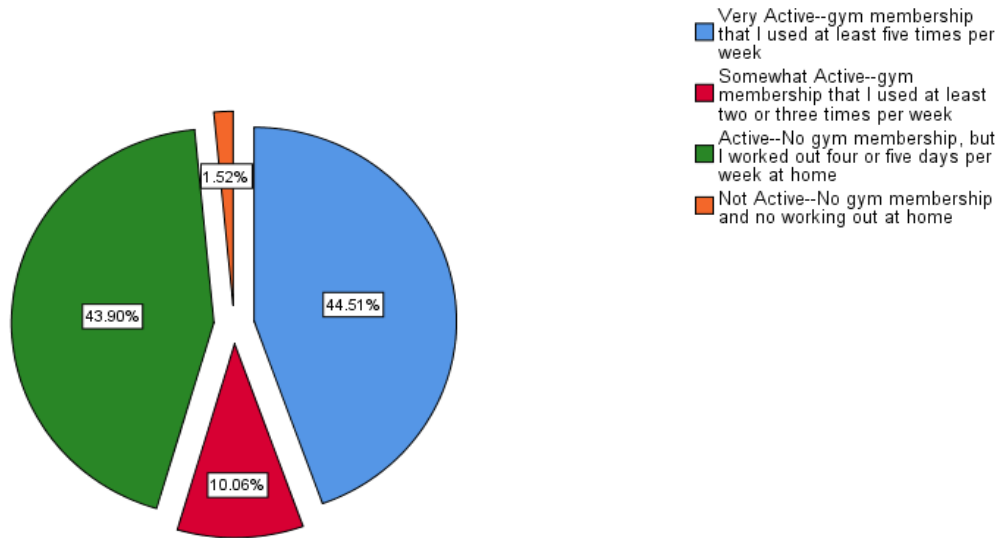


Sixty-one percent of the individuals who participated were female.

Before the shelter in place order, I was

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very Active--gym membership that I used at least five times per week	146	44.5	44.5	44.5
	Somewhat Active--gym membership that I used at least two or three times per week	33	10.1	10.1	54.6
	Active--No gym membership, but I worked out four or five days per week at home	144	43.9	43.9	98.5
	Not Active--No gym membership and no working out at home	5	1.5	1.5	100.0
Total		328	100.0	100.0	

Before the shelter in place order, I was



Fifty-five percent indicated that they were active at the gym before the facilities closed. Forty-four percent indicated that they were active before the shutdown, but did not go to the gym. The rest indicated that they were not very active before the shutdown.

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without sunshine!

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