

Football For Fathers Members Health Survey

Wednesday, June 26, 2019

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112

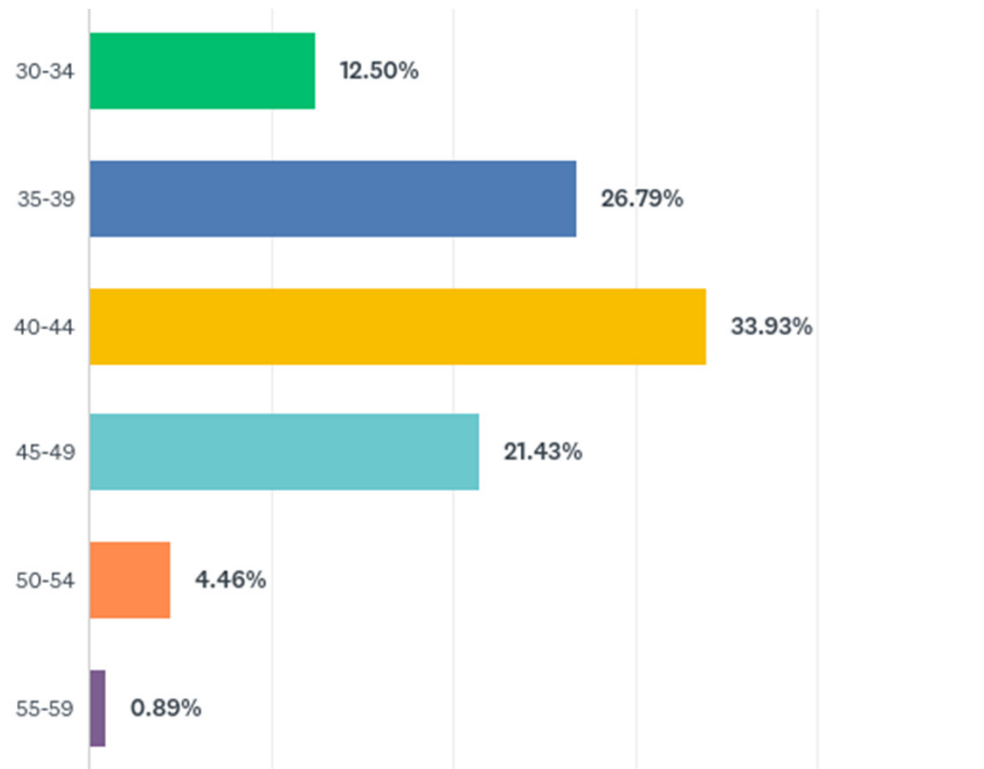
Total Responses

Date Created: Tuesday, June 11, 2019

Complete Responses: 112

Q1: What is your age?

Answered: 112 Skipped: 0



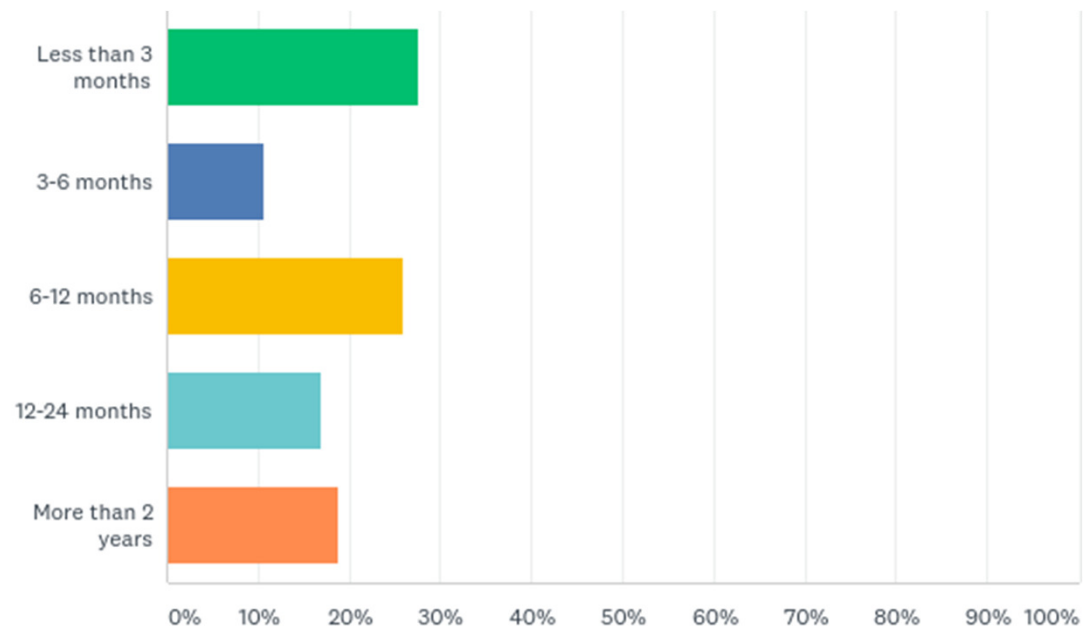
Q1: What is your age?

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
30-34	12.50%	14
35-39	26.79%	30
40-44	33.93%	38
45-49	21.43%	24
50-54	4.46%	5
55-59	0.89%	1
TOTAL		112

Q2: How long have you been coming to Football For Fathers sessions?

Answered: 112 Skipped: 0



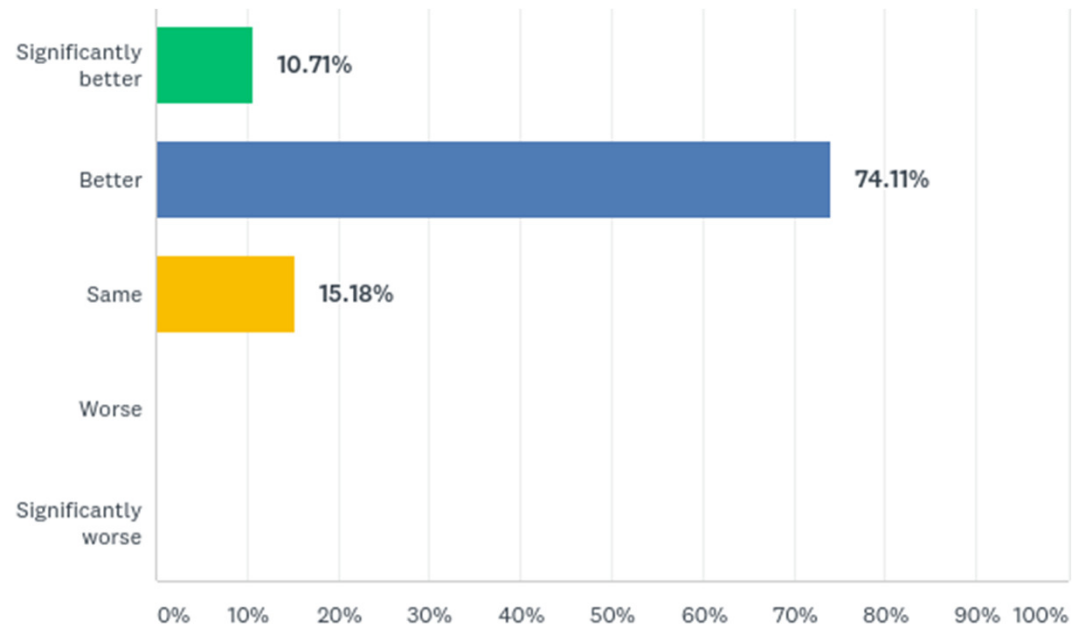
Q2: How long have you been coming to Football For Fathers sessions?

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
Less than 3 months	27.68%	31
3-6 months	10.71%	12
6-12 months	25.89%	29
12-24 months	16.96%	19
More than 2 years	18.75%	21
TOTAL		112

Q3: How would you describe your general physical fitness since joining Football For Fathers?

Answered: 112 Skipped: 0



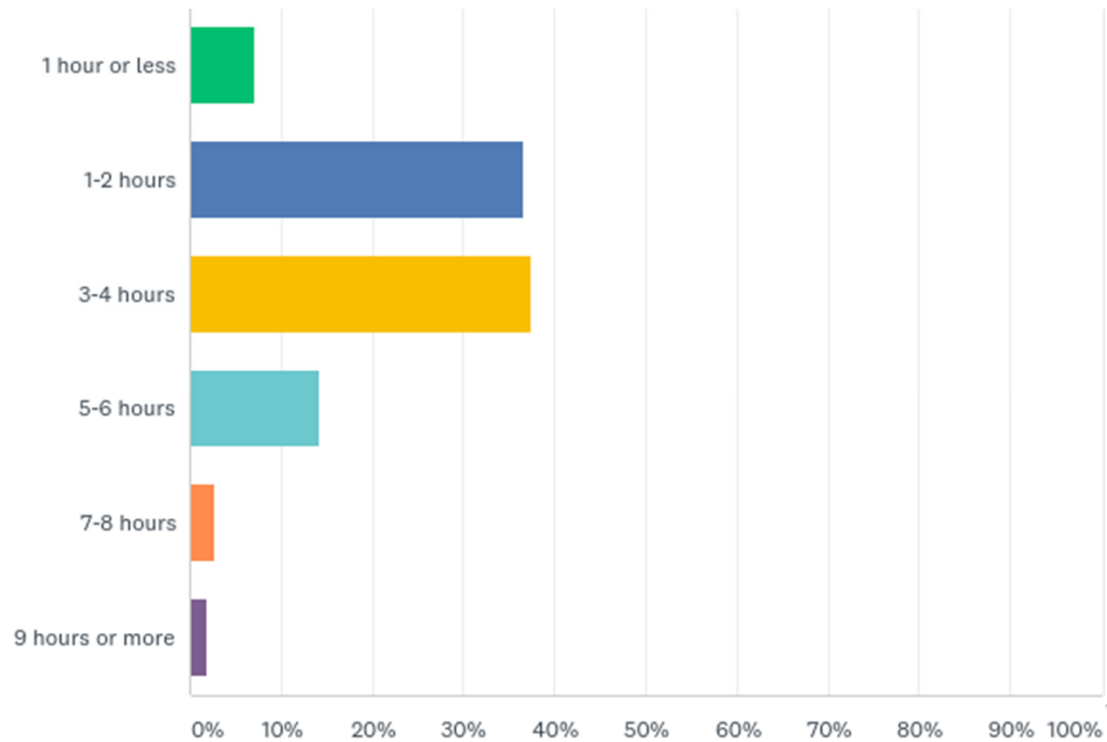
Q3: How would you describe your general physical fitness since joining Football For Fathers?

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
Significantly better	10.71%	12
Better	74.11%	83
Same	15.18%	17
Worse	0.00%	0
Significantly worse	0.00%	0
TOTAL		112

Q4: Including Football For Fathers how many hours a week of exercise do you do?

Answered: 112 Skipped: 0



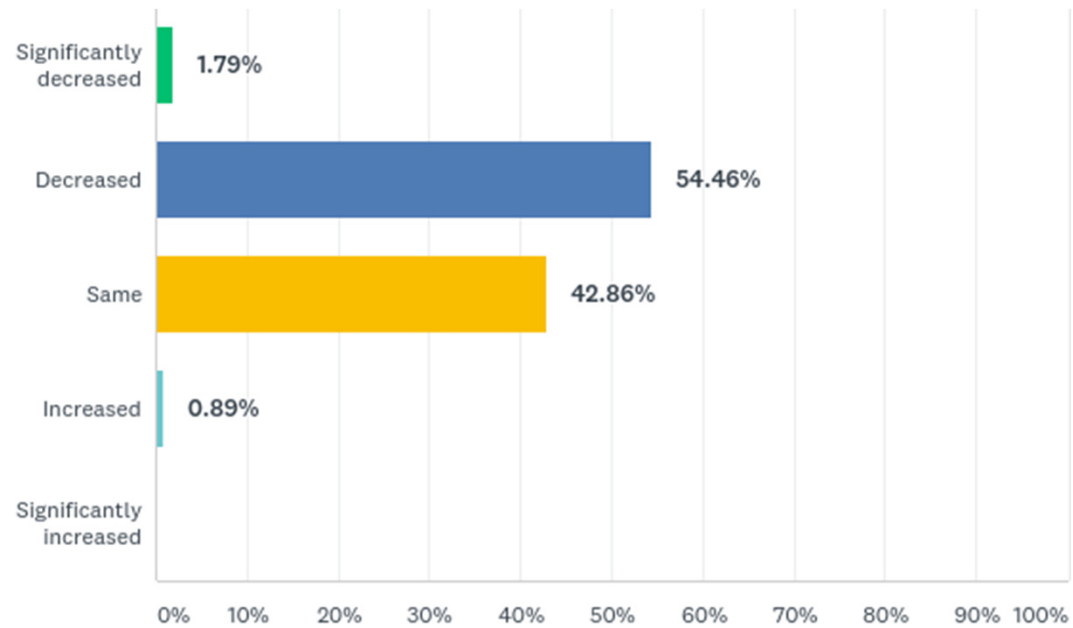
Q4: Including Football For Fathers how many hours a week of exercise do you do?

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
1 hour or less	7.14%	8
1-2 hours	36.61%	41
3-4 hours	37.50%	42
5-6 hours	14.29%	16
7-8 hours	2.68%	3
9 hours or more	1.79%	2
TOTAL		112

Q5: How would you describe your stress levels since joining Football For Fathers?

Answered: 112 Skipped: 0



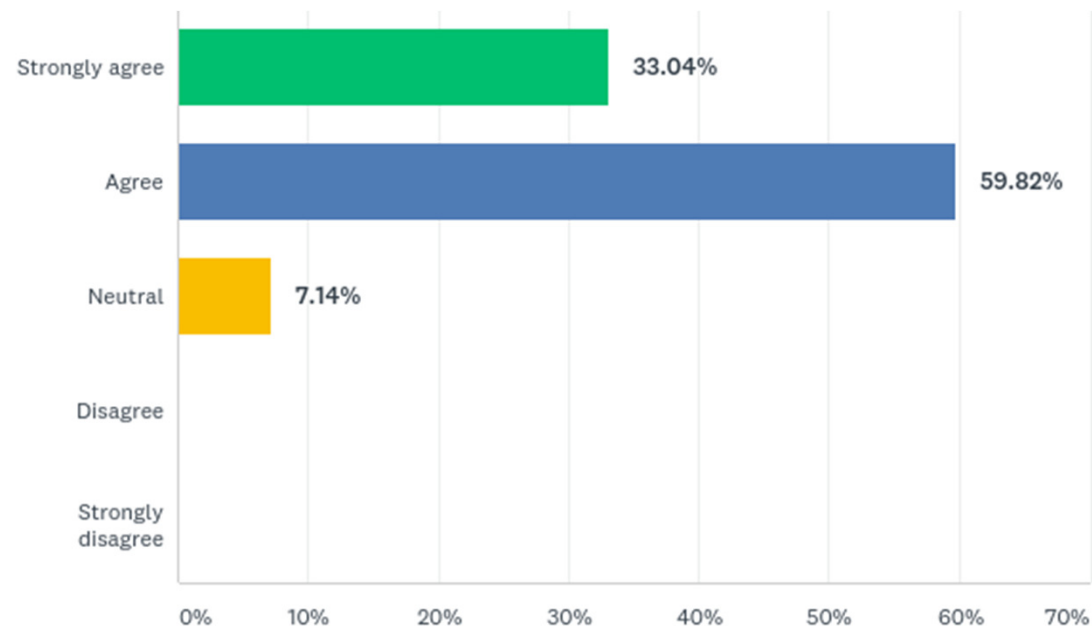
Q5: How would you describe your stress levels since joining Football For Fathers?

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
Significantly decreased	1.79%	2
Decreased	54.46%	61
Same	42.86%	48
Increased	0.89%	1
Significantly increased	0.00%	0
TOTAL		112

Q6: Would you say that Football For Fathers has had a positive effect on your mental health, happiness and wellbeing?

Answered: 112 Skipped: 0



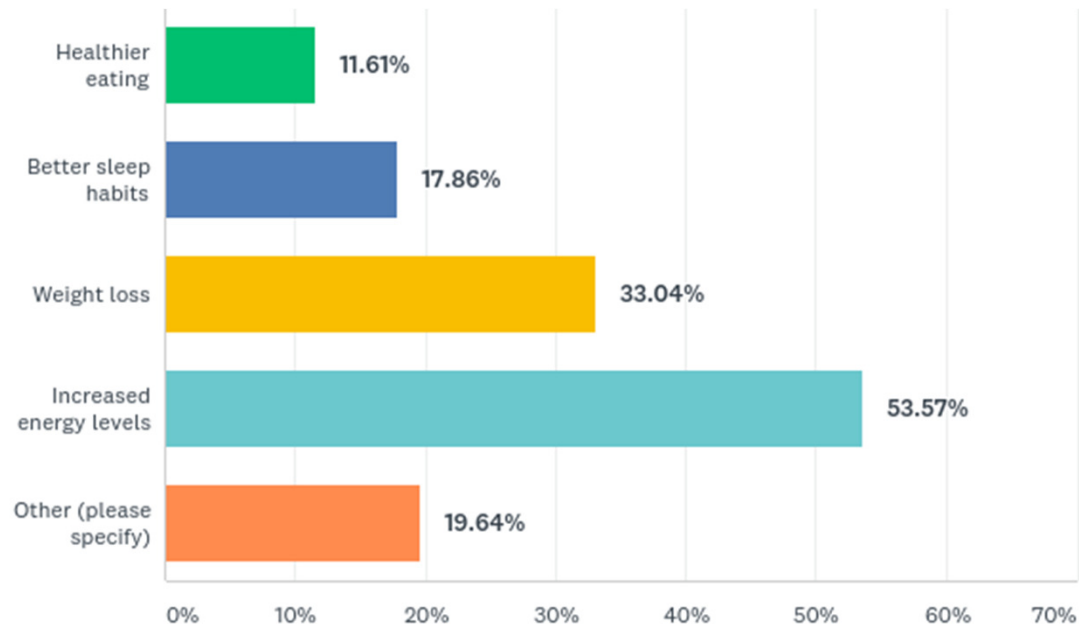
Q6: Would you say that Football For Fathers has had a positive effect on your mental health, happiness and wellbeing?

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
Strongly agree	33.04%	37
Agree	59.82%	67
Neutral	7.14%	8
Disagree	0.00%	0
Strongly disagree	0.00%	0
TOTAL		112

Q7: Has your participation in Football For Fathers had any more general health benefits for you? Please tick all that apply.

Answered: 112 Skipped: 0



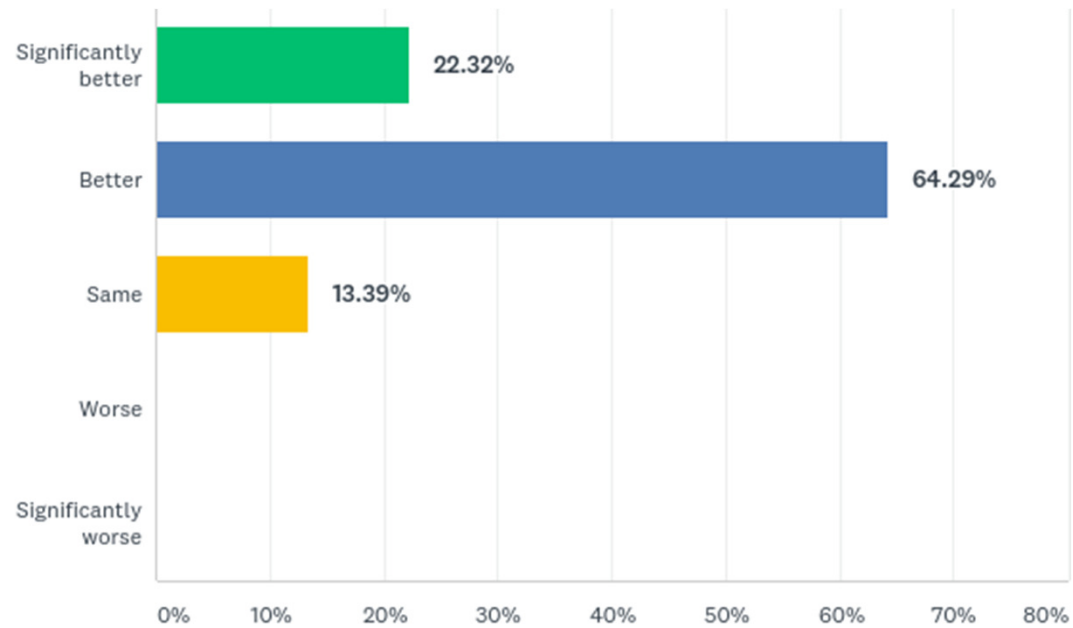
Q7: Has your participation in Football For Fathers had any more general health benefits for you? Please tick all that apply.

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
Healthier eating	11.61%	13
Better sleep habits	17.86%	20
Weight loss	33.04%	37
Increased energy levels	53.57%	60
Other (please specify)	19.64%	22
Total Respondents: 112		

Q8: How would you describe your network of friends and contacts having become a member of Football For Fathers?

Answered: 112 Skipped: 0



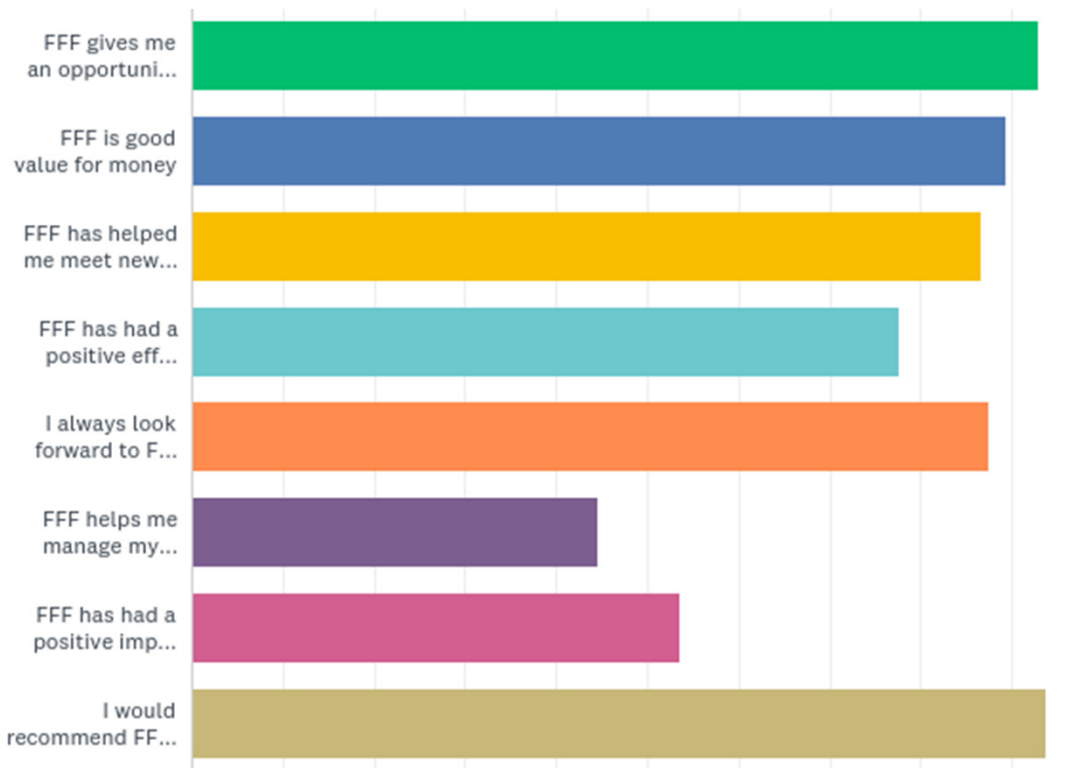
Q8: How would you describe your network of friends and contacts having become a member of Football For Fathers?

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
Significantly better	22.32%	25
Better	64.29%	72
Same	13.39%	15
Worse	0.00%	0
Significantly worse	0.00%	0
TOTAL		112

Q9: Here are some statements about Football For Fathers. Please tick all that you agree with.

Answered: 112 Skipped: 0



Q9: Here are some statements about Football For Fathers. Please tick all that you agree with.

Answered: 112 Skipped: 0

ANSWER CHOICES	RESPONSES	
FFF gives me an opportunity to do regular weekly exercise	92.86%	104
FFF is good value for money	89.29%	100
FFF has helped me meet new people	86.61%	97
FFF has had a positive effect on my health	77.68%	87
I always look forward to FFF sessions	87.50%	98
FFF helps me manage my stress levels	44.64%	50
FFF has had a positive impact on my mental health	53.57%	60
I would recommend FFF to my friends	93.75%	105
Total Respondents: 112		