Inform To Perform: Survey on Information and Data Use by Amateur Athletes

Project Information

Thank-you for your interest in helping with this research. This page provides some background information on the project before you begin. This survey will work on mobile devices but it is much easier to complete in a desktop browser and we would advise you answer it on a computer. If you answer all the questions the survey will take 10-15 minutes to complete.

Purpose of this Study

This research project is studying the information resources used by amateur athletes. The aim is to understand how athletes find, organise and share the information they use to train, to compete and to measure their progress so that information providers, coaches and athletes themselves can gain a better understanding of the types of information, tools and guidance athletes need to help them succeed.

Researcher

The research is being undertaken as part of an MSc in Information Science at City University, London. The project researcher is Alison Pope and the research is supervised by Dr Lyn Robinson. To contact the researcher email alison.pope@city.ac.uk. You can also visit https://sportinformatics.wordpress.com for more information about the project.

Your Participation

If you choose to participate you will answer questions about you as an athlete and your goals, general information resources related to your sport followed by specific questions on information used to plan your training, monitor activity during exercise and to log and analyse your sessions. Please note this survey is for committed adult and senior/veteran age-group runners, cyclists, swimmers, triathletes and rowers who train regularly and are likely to have a particular training goal in mind. You should be over 20 (eligible for senior competition) and training regularly in one of the above sports to participate.

Taking the Survey

Apart from indicating you consent to participate in this research and choosing your main sport, all questions are optional and you can provide as much information as you choose. For each question you only need select the options that apply to you. However, the more information you can provide, the more valuable the research will be. There are five sections in the survey. Each section contains a set of structured questions followed by space to write comments to provide further information should you wish to do so. You can return to any question to modify your response before submitting. You can also save the survey and come back to it at a later time.
Data and Methodology
During the research, data will be collected via this survey tool. Data collected for this study is anonymous and asks for no personally identifiable information unless you provide it in your comments. Saving your responses so you can complete the survey later will require you to enter an email address so the survey tool can send you a unique link to click on to return to the survey. This email address is only used for this purpose and isn't part of the data collected for research. The survey asks for gender and age group demographics to help segment the data during analysis but you are not required to provide this information. Any incomplete survey attempts will not be included in the research. At the end of the research project anonymised data may be archived as a dataset for use by other researchers. Findings from the research will be published in my Masters dissertation and related articles.

Consent and Withdrawal
All research participants must provide consent to confirm that they have read the project information and are willing to participate in the research and that any data they provide may be used as set out above. You can withdraw your participation at any point up to the final submission of data by closing your browser window to exit the survey. If you leave the survey without submitting or saving your response, any data already entered into this survey will not be used in the research. Once you click the submit button you agree any data you contribute can be used as outlined in this project information.

Participant Agreement
To confirm that you have read the project information and you are willing to participate in this research please select I Agree and click Next to continue with the rest of the survey. If you do not wish to participate you can close this form in your browser to exit the survey.

( ) I Agree. I have read the project information and would like to participate*.

Athlete Profile
This section asks about your sporting participation, level and demographics so the data can be segmented. Apart from selecting your main sport all questions are optional.

1) What is your main sport?*

( ) I am a Runner
( ) I am a Cyclist
( ) I am a Swimmer
( ) I am a Triathlete
( ) I am a Rower
2) How would you rate your level of participation/attainment in your main sport?

Please select the statement that most closely represents the level you train and compete at.

( ) I train regularly but don't participate in events

( ) I train often and feel I am improving. I participate or intend to participate in events

( ) I am committed to training and sport specific development and I often compete in events

( ) I regularly compete, have a detailed training plan and/or I perform above average for my age group

( ) My training and competitive events are planned with age group representation in mind

3) What are your current sporting aims?

Select which of these goals motivate your sporting activity.

[ ] I'm training for a particular event

[ ] I'm recovering from injury and trying to get fully fit

[ ] I'm trying to acquire/improve a particular sport-specific skill

[ ] I'm working towards a new distance

[ ] I'm aiming for a particular time/personal record (PR)

[ ] I'm trying to lose weight, get leaner or stronger

[ ] I'm maintaining my current fitness level/routine

[ ] I'm trying to establish a new training routine

4) In a usual week on how many days do you participate in physical activity?

This can include training for your sport or cross training.

( ) 1-3

( ) 4-5

( ) 6-7

5) What is your gender?

Please select your current gender when/if competing.

( ) Female
( ) Male

6) What is your age group?

Please select your current age group when/if competing.

( ) 20-24
( ) 25-29
( ) 30-34
( ) 35-39
( ) 40-44
( ) 45-49
( ) 50-54
( ) 55-59
( ) 60-64
( ) 65-69
( ) 70-74
( ) 75-79
( ) 80+

7) Are you a member of a club related to your sport?

( ) Yes
( ) No

8) Club Name

If you are willing to provide the name of your club(s) please enter it here.

_________________________________________________

9) Further Comments

You can use this space to expand on your answers or provide further comments if you wish

_________________________________________________

_________________________________________________

_________________________________________________
General Information Use

This section asks generally about the types of information resources used in relation to your sport and how you access these. All questions are optional.

10) What sources do you use to find information about your sport?

Select how often you use these people or information resources to obtain information relating to your sport.

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>2-3 Times per Week</th>
<th>At Least Weekly</th>
<th>At Least Monthly</th>
<th>Less than Monthly</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach</td>
<td>( )</td>
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<td>( )</td>
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<tr>
<td>Training Partners</td>
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<tr>
<td>Club Members or Crew Mates</td>
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<tr>
<td>Friends</td>
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<tr>
<td>Physiotherapist</td>
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<tr>
<td>Doctor</td>
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<tr>
<td>Paper Book</td>
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<td>E-Book</td>
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<tr>
<td>Paper Magazine</td>
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<tr>
<td>E-Magazine</td>
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<td>Journal Article</td>
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<tr>
<td>Library</td>
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<tr>
<td>Social Media e.g. Facebook, Twitter</td>
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<tr>
<td>Blog or Website</td>
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<tr>
<td>Discussion Forum</td>
<td>( )</td>
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<tr>
<td>Online Application e.g. Strava, Training Peaks</td>
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</tr>
<tr>
<td>Mobile Application e.g. iSmoothRun, MapMyFitness</td>
<td>( )</td>
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<tr>
<td>Desktop Application e.g. Sport Tracks</td>
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<tr>
<td>Podcast</td>
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<tr>
<td>Video e.g. YouTube or DVD</td>
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<tr>
<td>Attend Courses or Workshop</td>
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</tr>
</tbody>
</table>

11) Why/how do the above information resources support your sporting activity?

To what extent do you seek information for the following reasons:

<table>
<thead>
<tr>
<th></th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Somewhat agree</th>
<th>Neither agree or disagree</th>
<th>Somewhat disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education: I use them to</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>learn new things</td>
<td>Information: I use them to find information I need to know for a specific purpose</td>
<td>()</td>
<td>()</td>
<td>()</td>
<td>()</td>
<td>()</td>
<td>()</td>
</tr>
<tr>
<td>Motivation: I use them to keep me enthused and on track</td>
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<tr>
<td>Competition: I use them to compare myself to others</td>
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<tr>
<td>Socialising: I use them to make friends and hang out with a community</td>
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</tr>
</tbody>
</table>

12) What activities associated with your sport do you actively seek information about?

Select any that apply.

- Investigating training methods
- Skill or technique development
- Sourcing kit/gear/equipment
- Finding training venues/locations
- Finding information on competition venues/locations/logistics
- Injury advice, treatment, rehabilitation
- Finding events to attend or compete in
- Advice on diet and nutrition
[] Athlete development pathways and representation
[] Knowledge of rules, regulations and/or doping control
[] Reading about other athletes or role models
[] Other: _________________________________________________

13) Are you able to find relevant information to support you sporting needs?

Select the statement that most closely matches how you feel.

( ) Strongly Agree
( ) Moderately Agree
( ) Slightly Agree
( ) Not Sure
( ) Slightly Disagree
( ) Moderately Disagree
( ) Strongly Disagree

14) Do you understand the information you find and know how to use it to support your sporting aims?

Select the statement that most closely matches how you feel.

( ) Strongly Agree
( ) Moderately Agree
( ) Slightly Agree
( ) Not Sure
( ) Slightly Disagree
( ) Moderately Disagree
( ) Strongly Disagree

15) What methods do you use to obtain the information resources you use?

Please indicate how frequently you have used the following methods to obtain information.

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
</table>

16) Are you able to access the information you find without limitation?

Select the statement that most closely matches how you feel.

( ) Strongly Agree
( ) Moderately Agree
( ) Slightly Agree
( ) Not Sure
( ) Slightly Disagree
( ) Moderately Disagree
( ) Strongly Disagree

17) Further Comments

You can use this space to expand on your answers or provide further comments if you wish
Information Use During Training

This section asks for a bit more detail on the information resources you use to support common tasks athletes undertake when training. All questions are optional.

18) Creating a Training Plan

Please indicate how often you use the following methods to put together a new training plan.

<table>
<thead>
<tr>
<th>Method</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>I use a plan from a book</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>I use a plan from a magazine</td>
<td></td>
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<tr>
<td>I use a plan I find online</td>
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<td></td>
</tr>
<tr>
<td>I use an application to create a plan for me (e.g. My Asics, Adidas MiCoach)</td>
<td></td>
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<tr>
<td>A coach provides</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>
19) Injury Treatment and Rehabilitation

Please indicate how frequently you use the following types of information resources when recovering from injury.

<table>
<thead>
<tr>
<th>Information Source</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consult a physio/sport therapist</td>
<td>()</td>
<td>()</td>
<td>()</td>
<td>()</td>
<td>()</td>
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<tr>
<td>Consult a doctor</td>
<td>()</td>
<td>()</td>
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<td>()</td>
<td>()</td>
</tr>
<tr>
<td>Ask friends or club/crew mates</td>
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<td>()</td>
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<tr>
<td>Ask my coach</td>
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<tr>
<td>Get advice from an academic journal</td>
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<tr>
<td>Get advice from a book</td>
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<tr>
<td>Get advice from a magazine</td>
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<tr>
<td>Search for advice online</td>
<td>()</td>
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</tr>
</tbody>
</table>
20) Finding, Entering and Participating in Events

Please indicate how frequently you use the following types of information resources to locate events.

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listing in a magazine</td>
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<td>()</td>
<td>()</td>
<td>()</td>
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</tr>
<tr>
<td>Listing online</td>
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<td>()</td>
<td>()</td>
</tr>
<tr>
<td>Friends or club/crew mates</td>
<td>()</td>
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<td>()</td>
<td>()</td>
<td>()</td>
</tr>
<tr>
<td>Social media</td>
<td>()</td>
<td>()</td>
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<td>()</td>
<td>()</td>
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<tr>
<td>Coach</td>
<td>()</td>
<td>()</td>
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<td>()</td>
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<tr>
<td>Receive an email</td>
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<td>()</td>
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<tr>
<td>Printed poster or flyer</td>
<td>()</td>
<td>()</td>
<td>()</td>
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</tr>
</tbody>
</table>

21) Deciding on New Equipment/Kit

Please indicate how frequently you use the following types of information resources when deciding on equipment or kit to purchase.

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visit a physical shop</td>
<td>()</td>
<td>()</td>
<td>()</td>
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</tr>
</tbody>
</table>
22) Further Comments

You can use this space to expand on your answers or provide further comments if you wish

____________________________________________
____________________________________________
____________________________________________
____________________________________________

Feedback During Activity

This section asks about the devices and data you use during physical activity when training or competing. All questions are optional.

23) Do you train with at least once device that is logging your activity?
24) What devices/data sources do you use during physical activity when training or competing?
Select those that apply.
[ ] GPS Watch or Device e.g. garmin, magellen, tomtom
[ ] Fitness Tracker e.g. fitbit, jawbone, Nike+ fuelband
[ ] Phone Application
[ ] Heart Rate Monitor e.g. polar
[ ] Power Meter
[ ] Cadence Sensor
[ ] Coach
[ ] Other: _________________________________________________

25) What information do you like to receive during an activity when training or competing?
Select those that apply.
[ ] Duration
[ ] Distance
[ ] Pace
[ ] Speed
[ ] Power
[ ] Cadence
[ ] Heart Rate
[ ] Audio Cues e.g. coaching prompts
[ ] Other: _________________________________________________

26) Have you ever used an application or device to live broadcast a race or training session?
27) Have you ever used a virtual tool or feature to compete against yourself or others who aren't physically present in the activity?

Examples might include using a virtual pacing function on a watch (virtual pacer, partner, racer and courses), or using an external or gym machine based application like VirtualActive, RunSocial, Virtual Runner, VirtualTraining, TrainerRoad, The Sufferfest, Zwift.

( ) Yes
( ) No

28) Further Comments

You can use this space to expand on your answers or provide further comments if you wish

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Logging and Analysing Activity

This section asks about how you record, store, share and analyse your training data after activity and how this contributes to your sporting performance. All questions are optional.

29) What do you use as your training diary?

A training diary is a place where you log activity and in particular make notes on your training or races. Select all methods you use for recording this type of information.

[ ] I don’t keep a training diary
[ ] I use a paper diary
[ ] I use a spreadsheet
[ ] I use a blog
30) Why do you keep a training diary? What do you use it for?

Select all the reasons that apply to you.

[ ] Motivation
[ ] Monitor progress
[ ] Find trends or patterns
[ ] Keep me on track towards my goals
[ ] Feedback to coach
[ ] Prevent injury
[ ] Improve performance
[ ] Stay focused/committed
[ ] Emotional outlet
[ ] Be accountable
[ ] Keep memories
[ ] Other: ____________________________________________________________________

31) Is it important to you that you collect and record detailed data about your training?

Detailed means logging more than just the final distance/duration.

( ) Strongly Agree
( ) Moderately Agree
( ) Slightly Agree
( ) Not Sure
( ) Slightly Disagree
( ) Moderately Disagree
( ) Strongly Disagree

32) Do you use any online fitness/training platforms to store your data?
Select all services you regularly upload data to.

[] Strava
[] Garmin Connect
[] Training Peaks
[] SportTracks
[] RunKeeper
[] Nike+
[] My Asics
[] Adidas MiCoach
[] Fetch Everyone
[] Daily Mile
[] My Fitness Pal
[] Map My Fitness (including Run, Ride, Walk etc)
[] Endomondo
[] Running Free Online
[] Sportlyzer
[] Other: _________________________________________________

33) Do you use any desktop applications to store your training data?

Select all that you have data to.

[] SportTracks
[] Rubitrack
[] Golden Cheetah
[] Runner’s Studio
[] Spreadsheet
[] Software that came with my device
[] Other: _________________________________________________

34) Do you share your training diary/data with others?

() Yes, I share all of it
() Partially, I share some data and/or with selected people
() No, I keep it private
34a) Who do you share your training diary/data with?

Select all that apply.
[ ] Public
[ ] Coach
[ ] Family
[ ] Friends
[ ] Training partner
[ ] Online community
[ ] Social media community
[ ] Other: ____________________________________________

35) Do you have any concerns about putting your data online?

( ) Yes
( ) No

36) What interests you when analysing your activity (training/racing) data?

Select how often you use or review your training data for these reasons.

<table>
<thead>
<tr>
<th>Reason</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crunching the raw data</td>
<td>( )</td>
<td>( )</td>
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</tr>
<tr>
<td>Lap/split times</td>
<td>( )</td>
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<tr>
<td>Reviewing graphs and charts</td>
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<tr>
<td>Replaying my activity</td>
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<tr>
<td>Visualising on a map</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
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<td>( )</td>
</tr>
</tbody>
</table>
### 37) Do you know how to analyse and interpret your training data to support your sporting aims?

Select the statement that most closely matches how you feel.

( ) Strongly Agree
( ) Moderately Agree
( ) Slightly Agree
( ) Unsure
( ) Slightly Disagree
( ) Moderately Disagree
( ) Strongly Disagree

### 38) Approximately, how much training data do you have?
Provide a rough estimate using whatever metric is easiest for you to quantify (e.g. years, months, number of entries, total distance logged, total duration logged, data size etc)

39) Do you keep track of any these other wellbeing metrics in addition to your training data?

Select how often you log these wellbeing metrics.

<table>
<thead>
<tr>
<th>Metric</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyday Activity Level e.g. by using wearable tracker like Fitbit</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>Calories/Nutrition</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>Sleep</td>
<td>( )</td>
<td>( )</td>
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</tr>
<tr>
<td>Weight</td>
<td>( )</td>
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<td>( )</td>
</tr>
<tr>
<td>Other physical metrics e.g. body fat %, waist, resting heart rate</td>
<td>( )</td>
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<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
<tr>
<td>Mood</td>
<td>( )</td>
<td>( )</td>
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<td>( )</td>
</tr>
<tr>
<td>Steps</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
<td>( )</td>
</tr>
</tbody>
</table>

4) Further Comments

You can use this space to expand on your answers or provide further comments if you wish

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Thank You!

Your data has been submitted and you may now close this browser window to exit the survey.

Thank you for participating in this research your contribution is much appreciated. To find out more, read about the research results when published or contact the researcher in future visit https://sportinformatics.wordpress.com. I wish you every success in your sporting endeavours.
Alison Pope, Project Researcher