


# Ubermummies Members' Survey April 2021

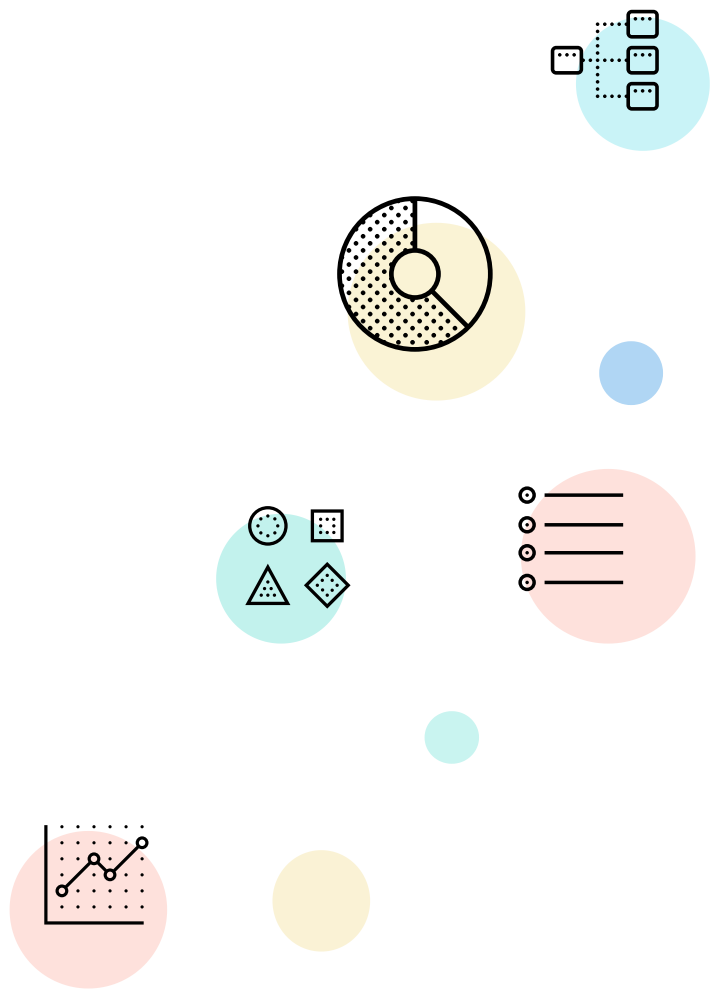
Explore the data behind your survey responses. Gain a better perspective of your survey data and uncover insights for further planning.

 Started  
**100**

 Completed  
**100**

 Avg. Time to Complete  
**8** mins

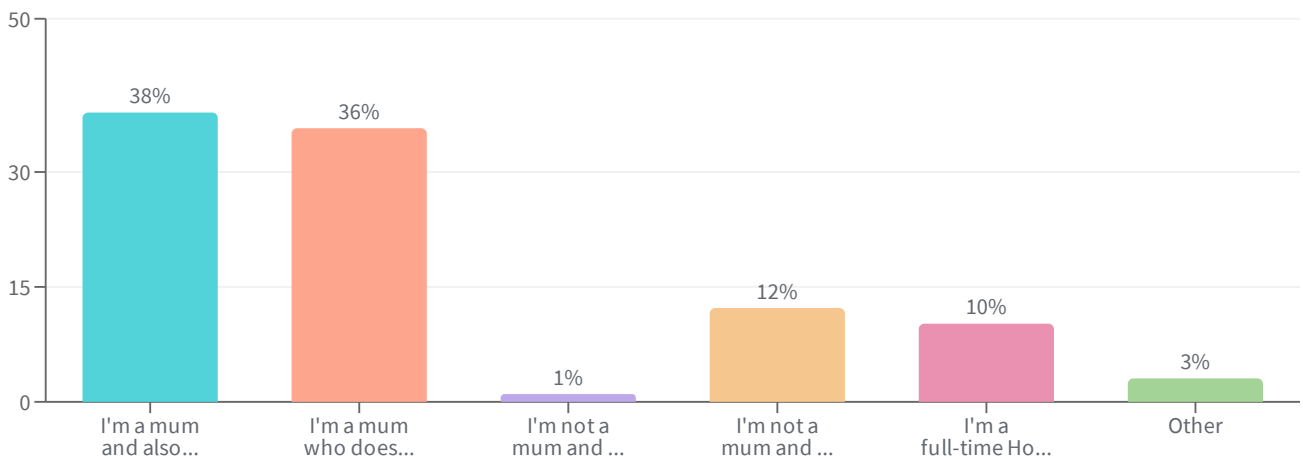
 Completion Rate  
**100.00%**



QUESTION 01 | MULTIPLE CHOICE

# Which statement most befits you?

Answered: 98 Skipped: 1



ANSWER CHOICES ▾

RESPONSES ▾

RESPONSE PERCENTAGE ▾

I'm a mum and also do paid work from home

37

37.76%

I'm a mum who does paid work outside the home

35

35.71%

I'm not a mum and I do paid work from home

1

1.02%

I'm not a mum and under normal circumstances I do paid work outside the home

12

12.24%

I'm a full-time Homemaker

10

10.20%

Other

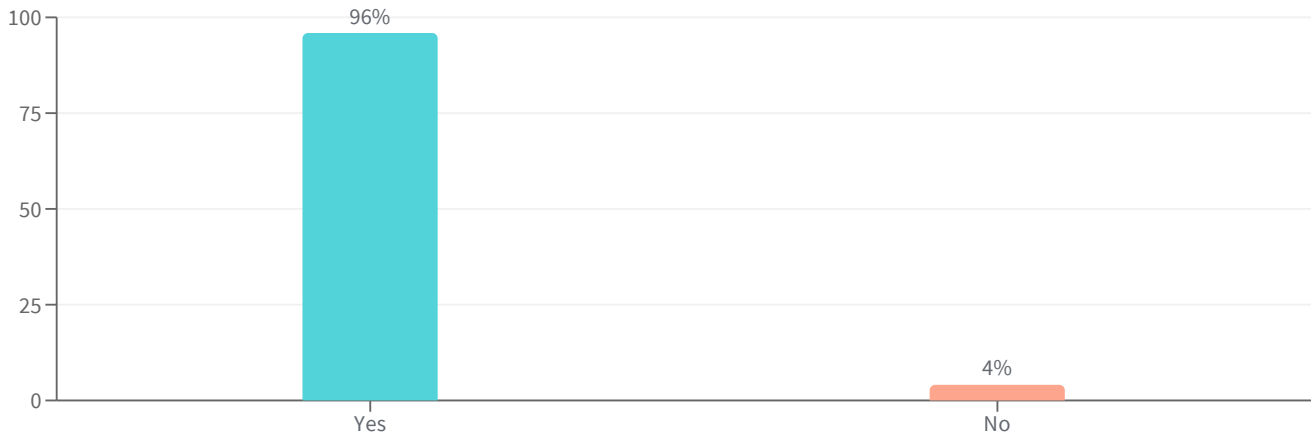
3

3.06%

QUESTION 02 | YES OR NO

Do you feel that exercise makes you more productive in your work?

Answered: 98 Skipped: 1

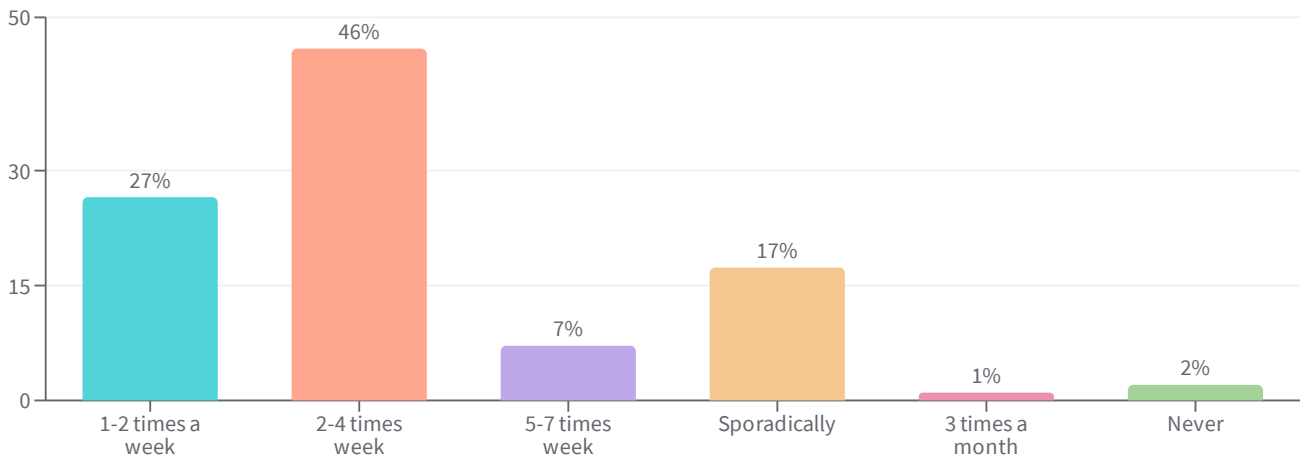


ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Yes	94	95.92%
No	4	4.08%

QUESTION 03 | MULTIPLE CHOICE

Before Lockdown (March 2020), how often did you exercise on average?

Answered: 98 Skipped: 2



ANSWER CHOICES ▾

RESPONSES ▾

RESPONSE PERCENTAGE ▾

1-2 times a week

26

26.53%

2-4 times a week

45

45.92%

5-7 times a week

7

7.14%

Sporadically

17

17.35%

3 times a month

1

1.02%

Never

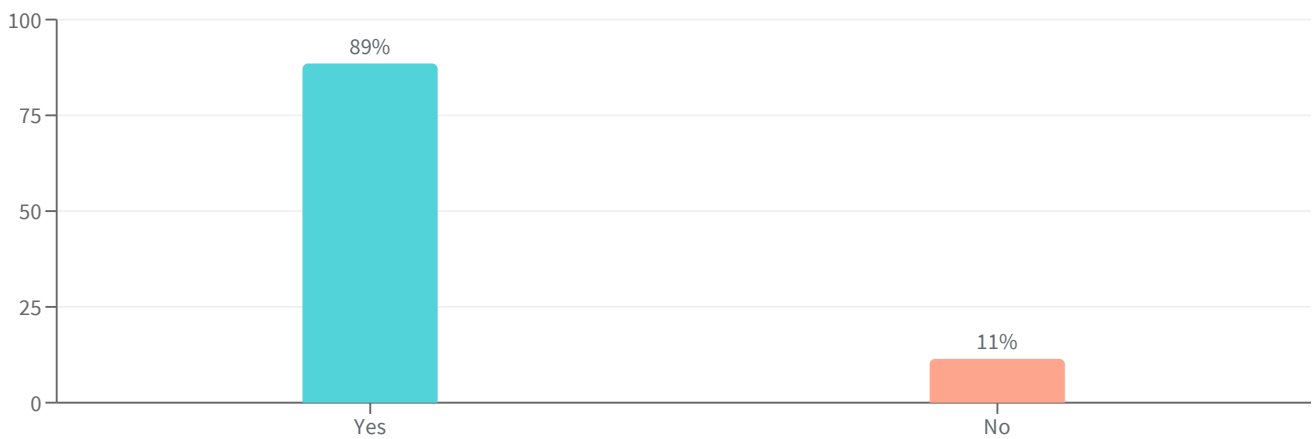
2

2.04%

**QUESTION 04** | YES OR NO

Has the option of being able to access Ubermummies community from home and online during Lockdown meant you've been able to be more consistent in your approach to exercise?

Answered: **96** Skipped: **3**

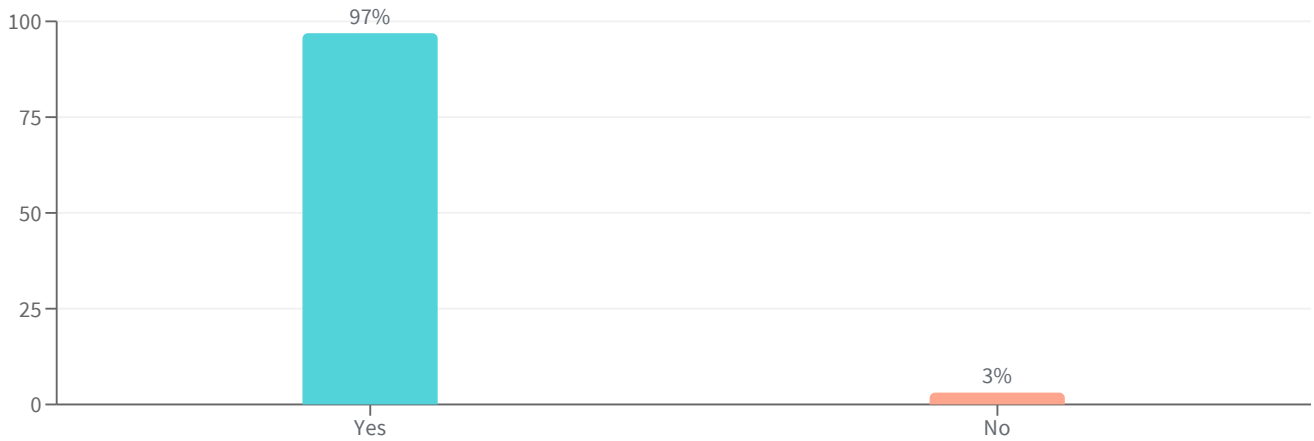


ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Yes	85	88.54%
No	11	11.46%

**QUESTION 05** | YES OR NO

Has the last year of Lockdown been more positive because of Ubermummies from a fitness & wellbeing perspective?

Answered: **97** Skipped: **3**

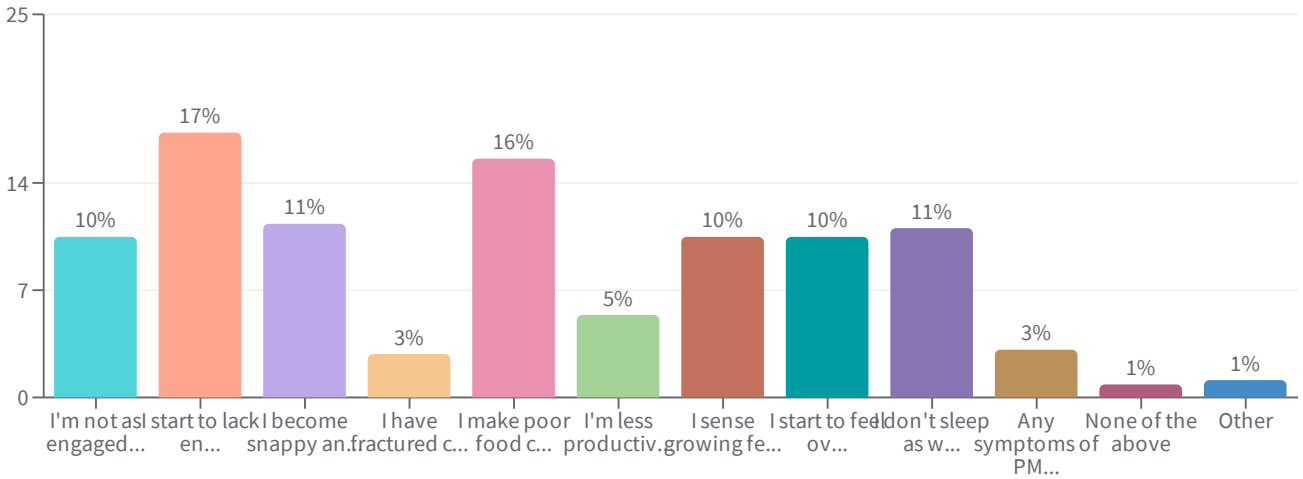


ANSWER CHOICES	RESPONSES	RESPONSE PERCENTAGE
Yes	94	96.91%
No	3	3.09%

**QUESTION 06** | MULTIPLE CHOICE

When you do NOT exercise regularly which of the following are descriptors that apply to you?

Answered: **99** Skipped: **1**



ANSWER CHOICES	RESPONSES	RESPONSE PERCENTAGE
I'm not as engaged in other areas of my life	37	10.48%
I start to lack energy	61	17.28%
I become snappy and/or irritable	40	11.33%
I have fractured concentration	10	2.83%
I make poor food choices	55	15.58%
I'm less productive in my work	19	5.38%
I sense growing feelings of fear and anxiety	37	10.48%
I start to feel overwhelmed	37	10.48%
I don't sleep as well	39	11.05%

ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Any symptoms of PMT are worse	11	3.12%
None of the above	3	0.85%
Other	4	1.13%

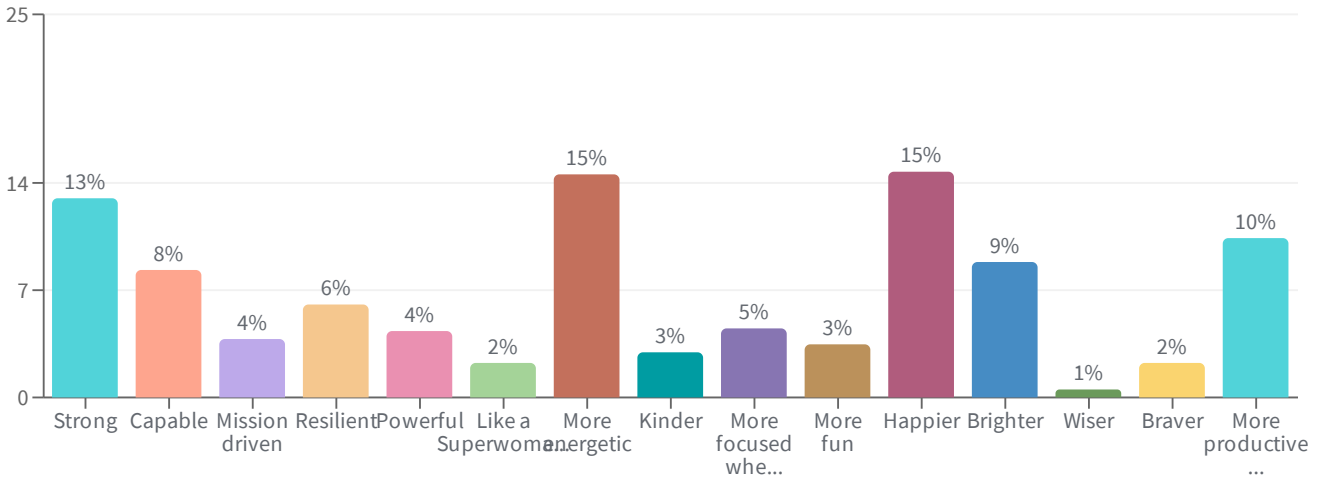
Made with  SurveySparrow



**QUESTION 07** | MULTIPLE CHOICE

Please tick the words that apply to you: Having regular exercise in my life makes me feel...

Answered: **99** Skipped: **1**



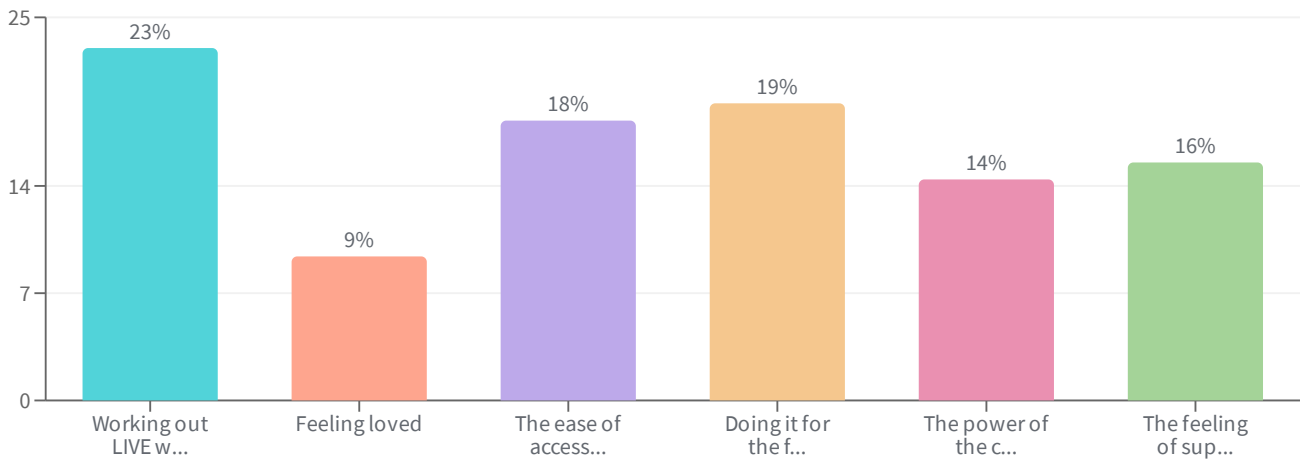
ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Strong	75	13.00%
Capable	48	8.32%
Mission driven	22	3.81%
Resilient	35	6.07%
Powerful	25	4.33%
Like a Superwoman	13	2.25%
More energetic	84	14.56%
Kinder	17	2.95%
More focused when I am working	26	4.51%

ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
More fun	20	3.47%
Happier	85	14.73%
Brighter	51	8.84%
Wiser	3	0.52%
Braver	13	2.25%
More productive all round	60	10.40%

QUESTION 08 | RANK ORDER

Please order the descriptors below based on their importance to you in the context of Ubermummies?

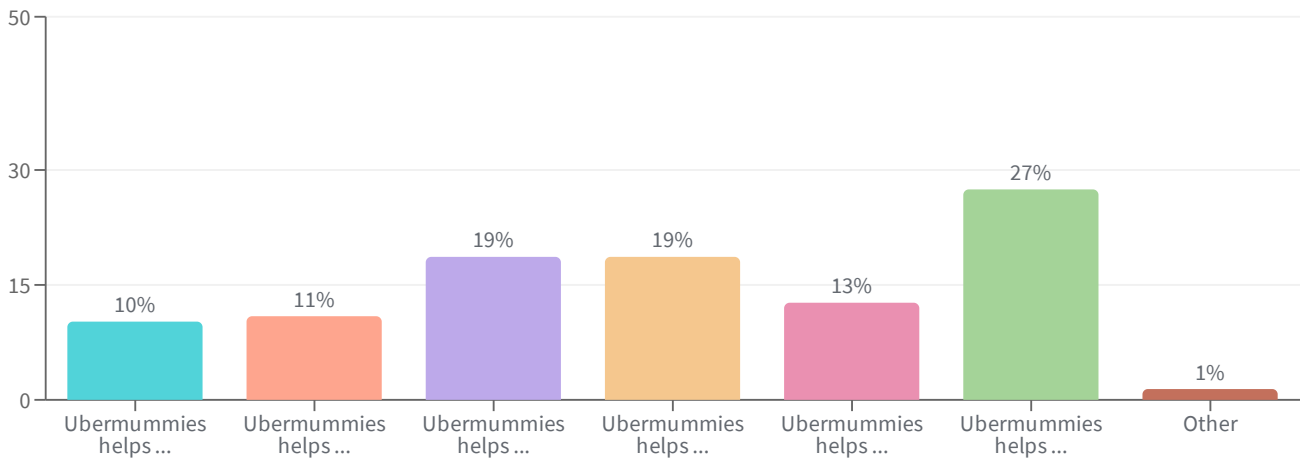
Answered: 96 Skipped: 3



ANSWER CHOICES	AVERAGE	RESPONSE PERCENTAGE
Working out LIVE with a trainer	77.27	23.00%
Feeling loved	31.58	9.40%
The ease of accessing online classes	61.36	18.26%
Doing it for the feeling afterwards	65.15	19.39%
The power of the community	48.46	14.42%
The feeling of support	52.18	15.53%

# Which of the following statements applies to you?

Answered: 98 Skipped: 2



ANSWER CHOICES ▾

RESPONSES ▾

RESPONSE PERCENTAGE ▾

ANSWER CHOICES	RESPONSES	RESPONSE PERCENTAGE
Ubermummies helps me eat better	29	10.21%
Ubermummies helps me be a better mummy and/or partner	31	10.92%
Ubermummies helps me feel more enthusiastic about life	53	18.66%
Ubermummies helps me feel more in control	53	18.66%
Ubermummies helps me use my time more wisely	36	12.68%
Ubermummies helps me stay positive and have a strong mindset	78	27.46%
Other	4	1.41%

**QUESTION 10** | YES OR NO

Do you feel more confident when you have started your day with Ubermummies?

Answered: **97** Skipped: **3**

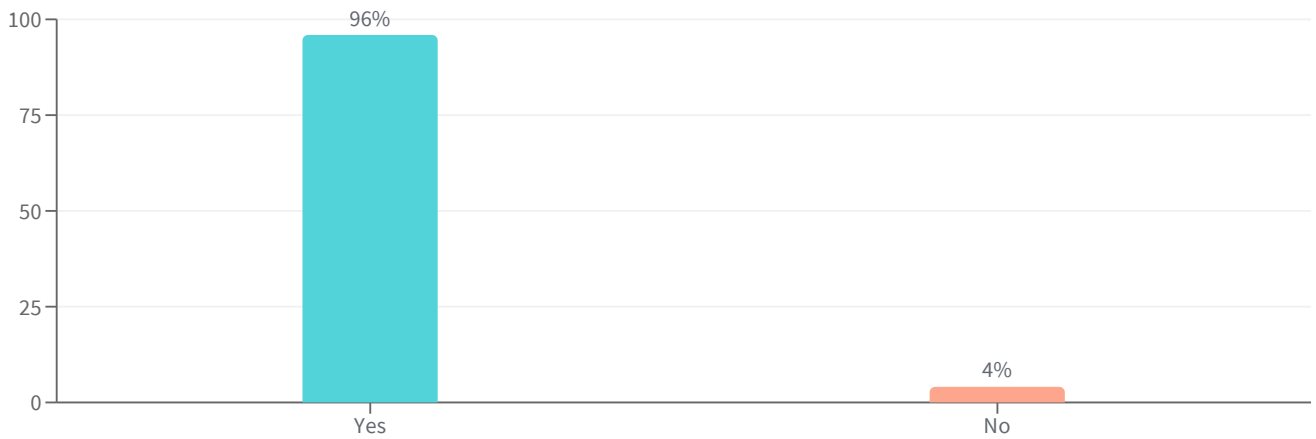


ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Yes	92	94.85%
No	5	5.15%

**QUESTION 11** | YES OR NO

Does Ubermummies and the community make you feel connected and supported?

Answered: **98** Skipped: **2**

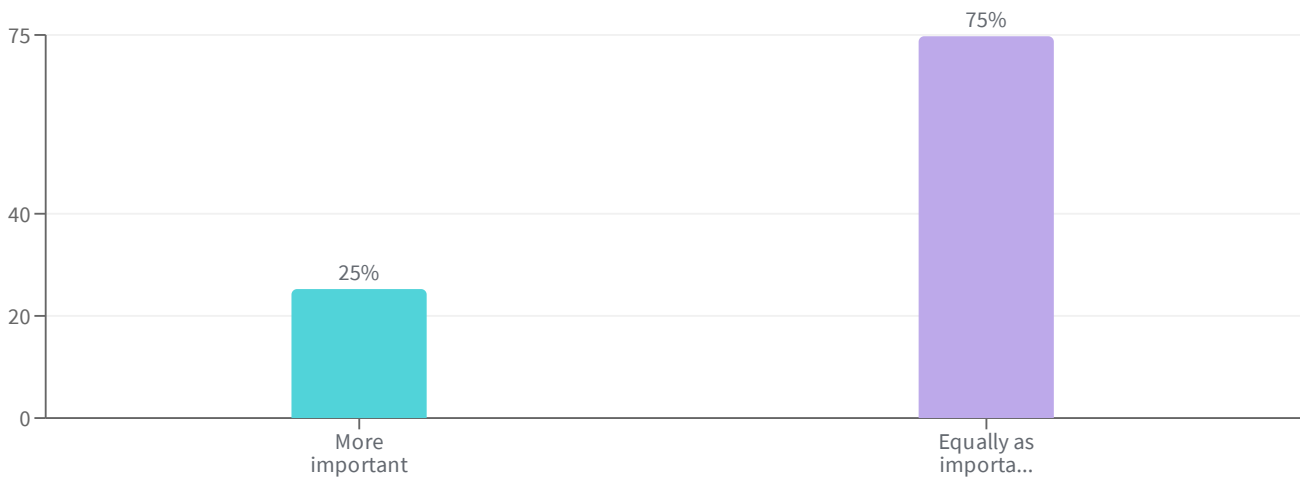


ANSWER CHOICES	RESPONSES	RESPONSE PERCENTAGE
Yes	94	95.92%
No	4	4.08%

QUESTION 12 | MULTIPLE CHOICE

Do you consider mental wellbeing to be MORE important, LESS important or AS important as your physical wellbeing?

Answered: 99 Skipped: 1



ANSWER CHOICES ▾

RESPONSES ▾

RESPONSE PERCENTAGE ▾

More important

25

25.25%

Equally as important

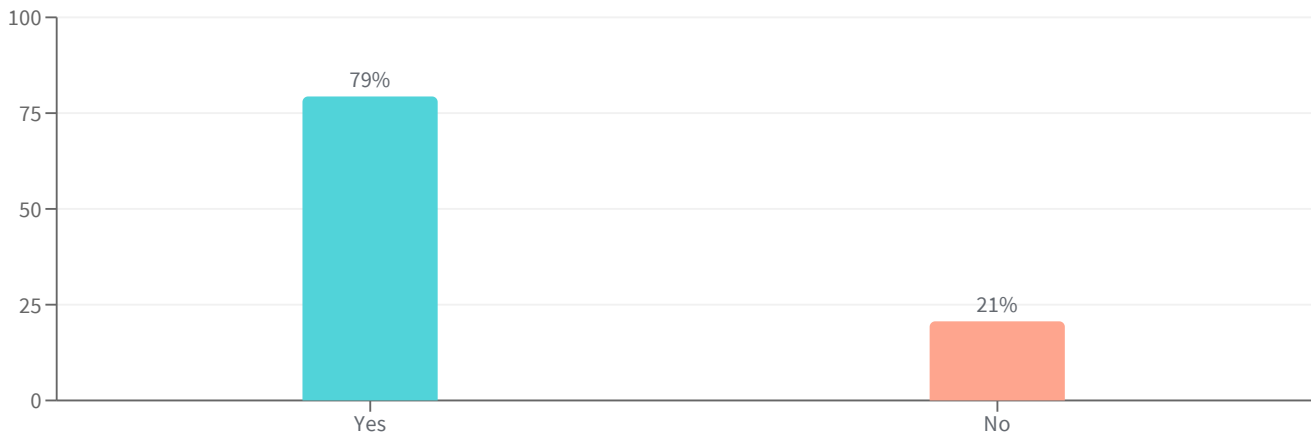
74

74.75%

**QUESTION 13** | YES OR NO

Has being consistent with Ubermummies and exercise made you more consistent in other areas of your life?

Answered: **92** Skipped: **7**



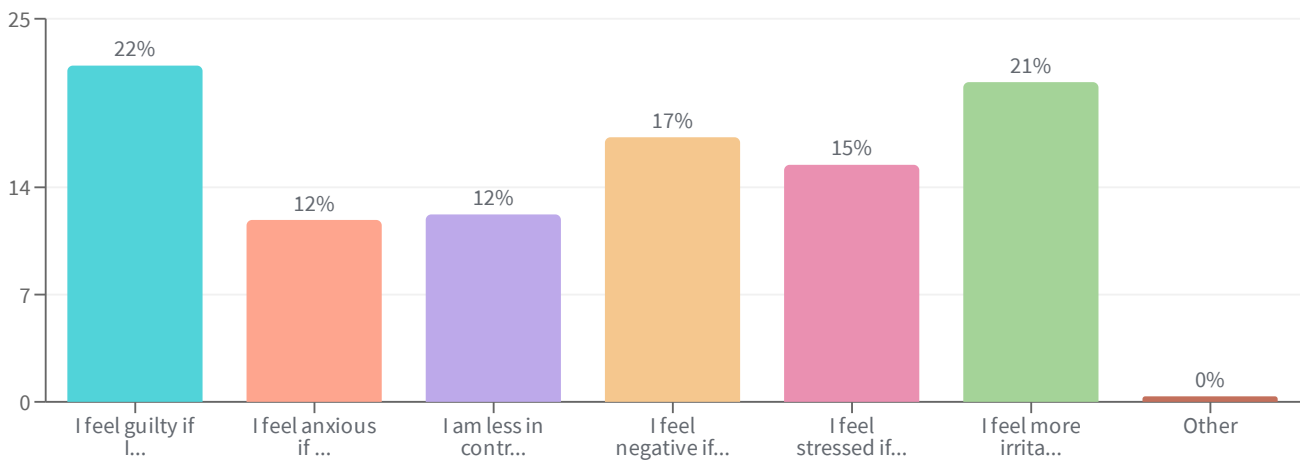
ANSWER CHOICES	RESPONSES	RESPONSE PERCENTAGE
Yes	73	79.35%
No	19	20.65%



QUESTION 14 | MULTIPLE CHOICE

# Which of the following statements apply to you

Answered: 97 Skipped: 3



ANSWER CHOICES ▾

RESPONSES ▾

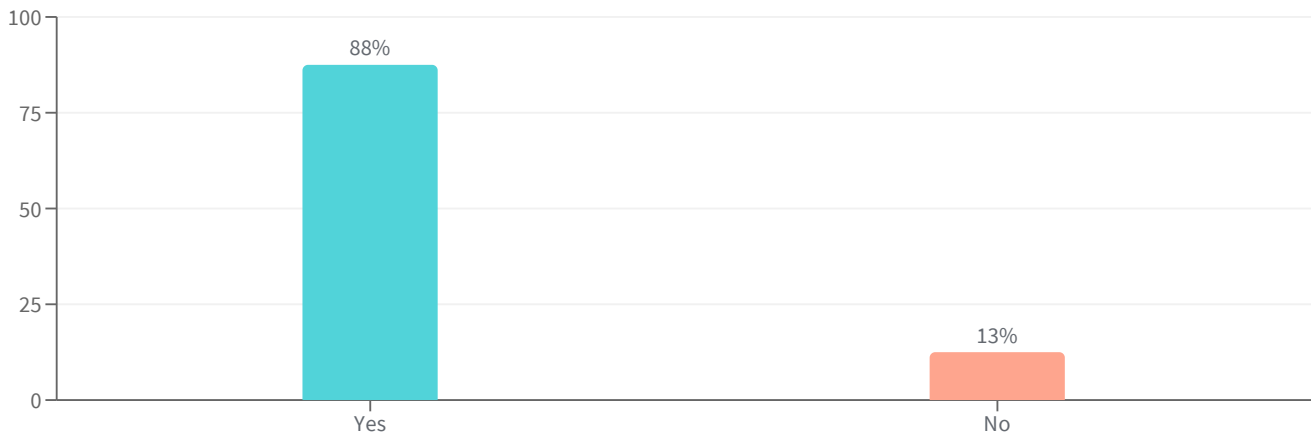
RESPONSE PERCENTAGE ▾

I feel guilty if I don't exercise	61	21.94%
I feel anxious if I don't exercise	33	11.87%
I am less in control and less assertive and confident if I don't exercise	34	12.23%
I feel negative if I don't exercise	48	17.27%
I feel stressed if I don't exercise	43	15.47%
I feel more irritable and less productive when I don't exercise	58	20.86%
Other	1	0.36%

**QUESTION 15** | YES OR NO

Has the option of being able to access Ubermummies from home made you feel more in control of your health, fitness and productivity in life overall?

Answered: **96** Skipped: **4**

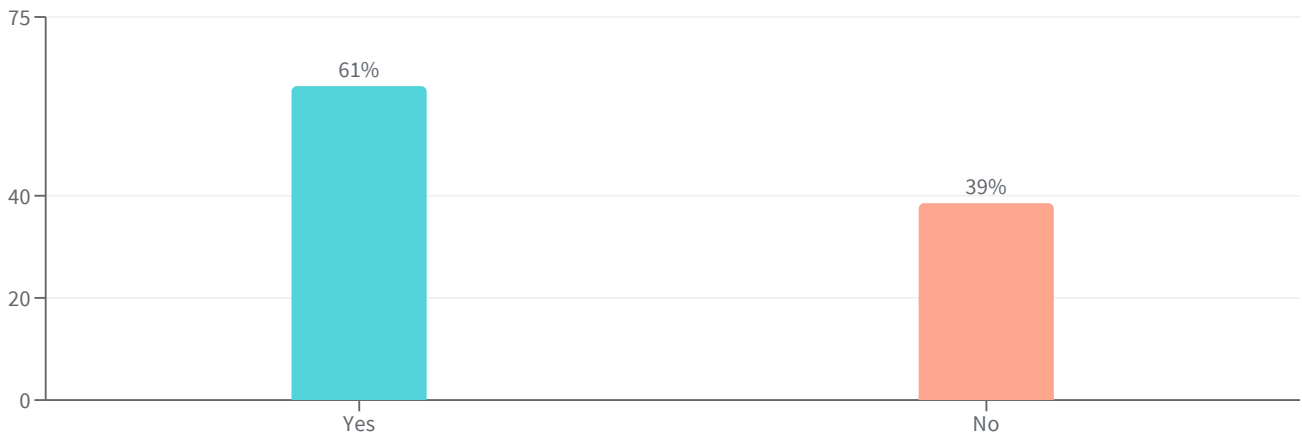


ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Yes	84	87.50%
No	12	12.50%

**QUESTION 16** | YES OR NO

If you had to work full time from an office or outside the home again, do you think your routine and exercise would slip?

Answered: **96** Skipped: **4**

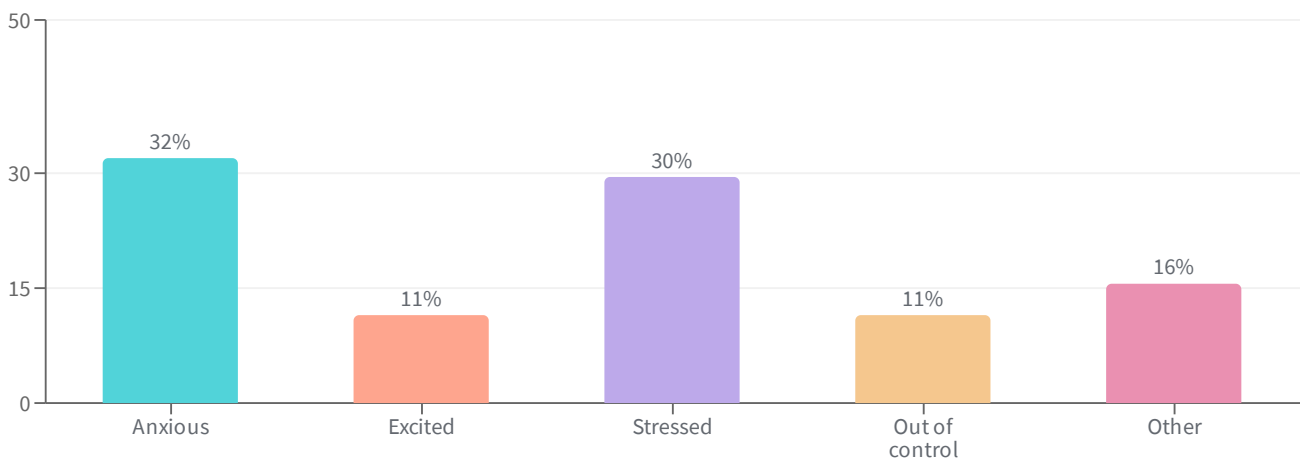


ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Yes	59	61.46%
No	37	38.54%

**QUESTION 17** | MULTIPLE CHOICE

If you had to go back to working full time in an office or in some capacity outside the home, how would that make you feel right now?

Answered: **95** Skipped: **5**

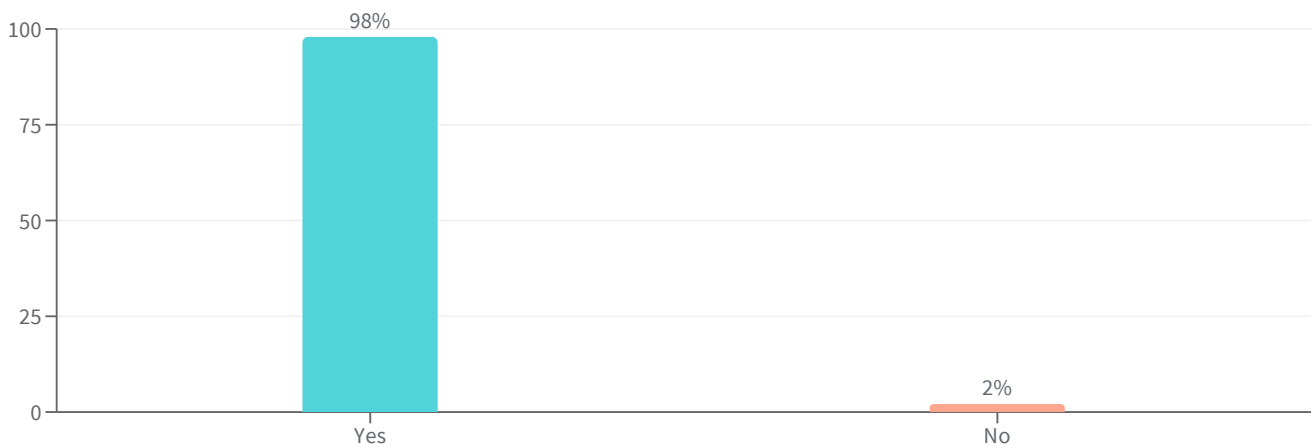


ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Anxious	39	31.97%
Excited	14	11.48%
Stressed	36	29.51%
Out of control	14	11.48%
Other	19	15.57%

**QUESTION 18** | YES OR NO

If you were employed and had Ubermummies membership as a Company Benefit would you feel valued by your company or boss?

Answered: **96** Skipped: **4**

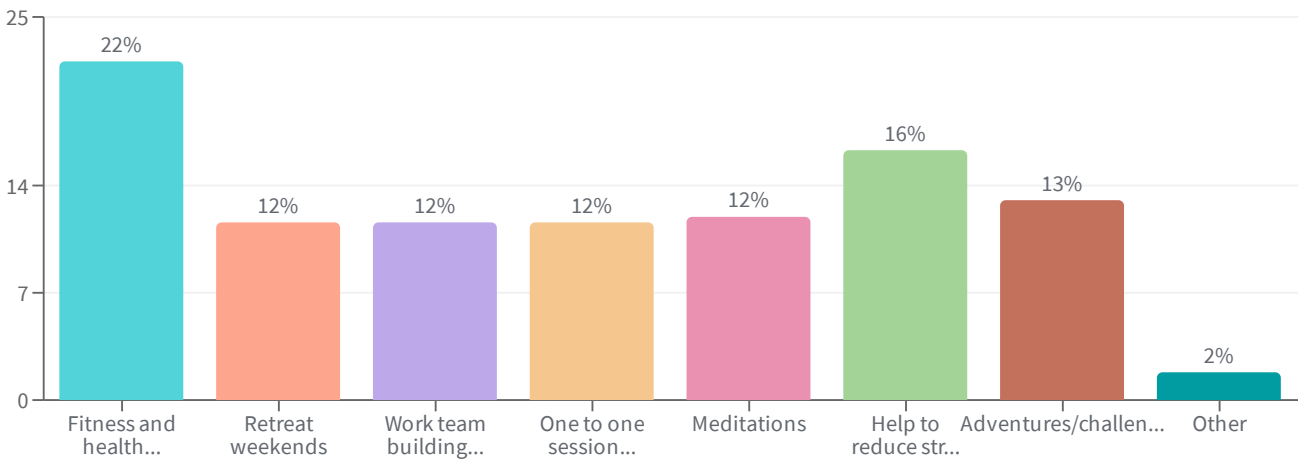


ANSWER CHOICES ▾	RESPONSES ▾	RESPONSE PERCENTAGE ▾
Yes	94	97.92%
No	2	2.08%

QUESTION 19 | MULTIPLE CHOICE

If you could add or have anything as a valued member of staff in your workplace relating to wellbeing what would that be?

Answered: 94 Skipped: 5



ANSWER CHOICES	RESPONSES	RESPONSE PERCENTAGE
Fitness and health days	61	22.10%
Retreat weekends	32	11.59%
Work team building days including fitness/health elements	32	11.59%
One to one sessions for fitness	32	11.59%
Meditations	33	11.96%
Help to reduce stress/anxiety	45	16.30%
Adventures/challenges	36	13.04%
Other	5	1.81%



# Thank You !

We really appreciate your time and feedback.

