

Q1 Avg	Q2 Avg	Q3 Avg	
4.019	4.46	4.42	
Q1	Q2	Q3	Take Aways
4	5	4	fitness industry is rich
4	5	5	uplifting to see education about diet industry
1	2	1	effects of social media
3	4	4	realized a lot
4	5	5	always try your best
4	4	4	be nice, it will make someone's day
5	4	4	N/A
4	4	4	stay motivated
5	5	5	diets can be unhealthy and destructive
4	4	4	fitness media messages can be damaging
5	5	5	love yourself
4	4	4	be positive
4	5	5	never say diet again
5	5	5	don't try to please society
5	5	5	don't compare yourself to others
4	5	3	social media can negatively effect health
3	5	5	social media can negatively effect health
3	4	4	learned more about health and perspective
4	4	3	N/A
4	5	4	social media can negatively effect health
5	5	5	social media can negatively effect health
4	5	5	be positive
5	5	4	be happy
4	4	4	motivate yourself
4	5	4	mental positivity is important
4	5	5	being able to use introspection
4	4	4	knowledge of what's genuine and what's forced
4	5	5	focus on your own needs
4	5	5	be yourself
4	4	5	social media can negatively effect health
4	4	4	health comes from how you feel inside
4	3	3	N/A
4	5	5	diets can be unhealthy and destructive
4	4	4	N/A
4	4	4	don't always believe what you see online
4	4	5	don't always believe what you see online
4	4	5	diets can be unhealthy and destructive
4	4	5	importance of self-love
4	4	3	learned more about health and perspective
5	4	5	you don't have to look like who you see online
5	5	5	social media can negatively effect health
3	5	5	fitness level doesn't equal physical appearance
3	5	5	wellness is about how you feel inside
5	5	5	social media can negatively effect health
4	4	4	importance of self-love
3	4	5	eating disorders are more common than it seems
4	4	5	learned about health
4	5	5	N/A
4	5	5	social media can negatively effect health
4	5	5	it is important to be kind
5	5	5	being positive is very important
3	4	4	diets can be unhealthy and destructive