

Compliance Survey

Record ID

Did you perform the planking exercises this week?

- ☐ Yes
- ☐ No

How many days this week did you perform the plank exercises?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7

How long are you currently able to hold the pose for?

- ☐ 0-20 seconds
- ☐ 20-40 seconds
- ☐ 40 seconds-1 minute
- ☐ 1 minute-1.5 minutes
- ☐ 1.5-2 minutes
- ☐ 2 minutes or more

Why were you unable to perform the planking exercises?

- ☐ Did not remember to do the exercises
- ☐ Did not have time to perform the exercises
- ☐ Other

If you selected "Other" to the above question, please provide an explanation.
