



Organisation summary report

ICE (International Cycling Executives) – September

62

employees
participated

68%

achieved
100%

78%

average
score



Sugar

Sugar-free days

1295 Total number of
days achieved

21 Average days per
participant



Sleep

7+ hours sleep
per night

1515 Total number of
days achieved

24 Average days per
participant



Steps

20mins physical
activity per day

1518 Total number of
days achieved

24 Average days per
participant



Weight Loss

53% of survey respondents
lost weight

1.1kg Avg weight lost by 36
survey respondents

38kg Total weight lost by 36
survey respondents



Behaviour

85% will continue to reduce or
eliminate sugar from their diet*

75% will continue to prioritise
getting enough sleep*

85% will continue to prioritise
moving more during the day*

Key:



Before fit24®



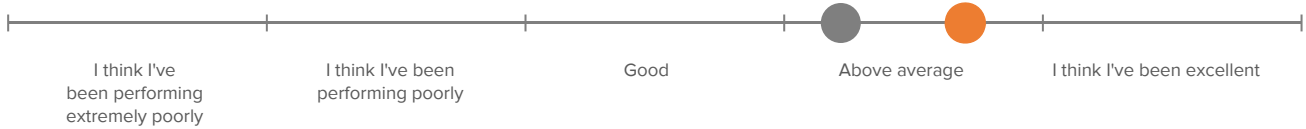
After fit24®

Summary of results from those who completed both the pre and post survey.

Overall health



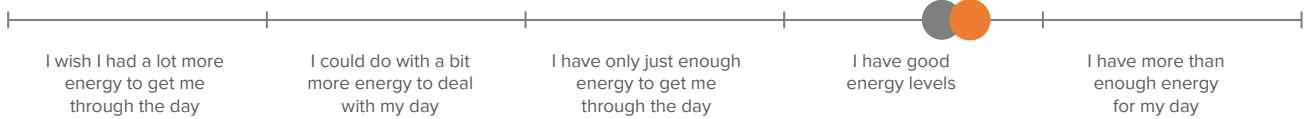
Productivity at work



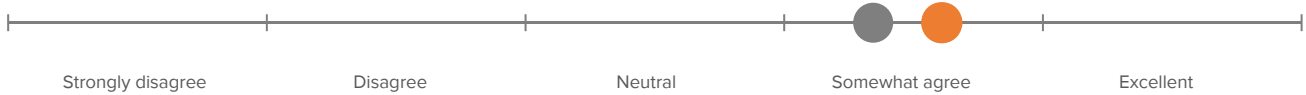
Level of concentration at work mid afternoon



Energy levels over the past fortnight



"I feel like I belong and am part of the organisation"



"I experience fun at work"

