

Exercise Quiz Results

Before vs. after reading *Mini Habits for Fitness*

Group	Responses per question	Range
Before reading	~471	379–503
After reading	~32	31–34

About this comparison

The **before** quiz was taken by readers prior to reading *Mini Habits for Fitness*. The **after** quiz was taken by readers who finished the 60-day program and returned to retake it. For each of the 11 questions, the pages that follow show the percentage distribution of answers in each group and the change (Δ) from before to after.

Understanding the sample sizes

You'll notice the before-group is much larger than the after-group — roughly 471 responses per question versus 32. Here's what that means and how to read this report.

The before quiz is easy to take: anyone curious can answer 11 questions in a few minutes. The after quiz, by design, is harder — it requires finishing the 60-day program and returning to a separate URL to retake it. That second step naturally filters the responses down to readers who completed the system and followed through with the survey.

So the after-group represents **successful completers**, not the average person who picks up the book. The shifts in this report describe what a win looks like — what happens to readers who do the work. They are not an estimate of what happens to every reader.

This is actually the data in its most useful form. The before column shows where most readers start. The after column shows where the system can take you if you stick with it. The distance between them is the journey described in the book, measured in the answers of real readers.

Two things worth keeping in mind: with 32 after-respondents, each voice is worth roughly three percentage points — so shifts of ten points or more (and most here are much larger) are clearly real, while small shifts under five points should be read loosely. And because the after-group is made up of completers who chose to return, the numbers describe a motivated subset, not the full reader population.

Top 5 takeaways

Across 11 questions and roughly 500 readers, five shifts stand out. Together they describe a single coherent change — not just in how often these readers exercise, but in how they think about it.

1. Exercise becomes ordinary, not a special event.

The proportion of readers who finish exercising and feel they deserve a reward dropped from 57% to 13%. The same proportion now answer, "It feels good, but not special — it's a normal part of my lifestyle." This is an identity shift, not a willpower shift: exercise has stopped being an exception and become a baseline.

2. The excuse response disappears.

When asked what they typically do when the idea to exercise arises, 42% of the before-group said they would find a reason to postpone it. After reading, only 3% said the same. The dominant response shifted to "I don't always feel like doing it, but I do it if I can," which rose from 16% to 66%. The mental script at the moment of decision has been rewritten.

3. Resistance collapses.

The combined "a lot of resistance" and "a mountain of resistance" responses fell from 53% of readers to 6%. Resistance doesn't vanish entirely — moderate resistance ("about 50/50") remains common — but the crushing kind that stops people from ever starting has largely disappeared.

4. Motivation moves away from shame.

Before reading, the most common answer to "what motivates me to exercise" was "feelings of shame about my body and the way I look" (49%). After, that fell to 27%, while "neither of the above" — suggesting a more internal motivator — rose from 46% to 73%. This matters because shame-based motivation is known to burn out quickly. The shift points to a more durable foundation.

5. And readers exercise far more often — by design.

Before reading, only 11% of readers exercised 20 or more days in the last 30. After, 94% did. This is the largest numerical shift in the data, and it is partly by design: *Mini Habits for Fitness* teaches readers to do an exercise mini habit every single day, so completers are, by definition, following the book's central mechanism. What makes it meaningful is not that the shift happened but that near-universal adherence held — which is itself the thesis. Make the habit small enough that you can't fail, and frequency takes care of itself.

Full data reference

All 11 questions, their answer options, and the percentage of respondents choosing each option in the before-group and the after-group. The final column shows the change in percentage points.

Answer	Before	After	Change
Q1. What is your body's physical response to exercise? (Before n=471, After n=31)			
I feel amazing. Endorphins, blood flow, and confidence increase!	52.4%	51.6%	▼ -0.8
I don't feel much difference.	30.1%	45.2%	▲ +15.0
I feel bad (ex: vomiting, pain, fatigue)	17.4%	3.2%	▼ -14.2
Q2. When I finish exercising, which is more accurate? (Before n=472, After n=31)			
I did something special. I deserve a reward.	56.6%	12.9%	▼ -43.7
It feels good, but not special; it's a normal part of my lifestyle.	43.4%	87.1%	▲ +43.7
Q3. Exercise: (Before n=473, After n=33)			
Is only enjoyable in a few select activities	57.1%	51.5%	▼ -5.6
Is not enjoyable to me right now	23.0%	18.2%	▼ -4.9
Is enjoyable in any form (sports, yoga, weights, running, walking, biking, swimming, etc)	19.9%	30.3%	▲ +10.4
Q4. Do you ever choose the stairs over the escalator? Or park far away? Or do a random bout of push-ups or bodyweight squats? Do you ever engage in these small opportunities for extra movement? (Before n=473, After n=34)			
Sometimes	44.8%	50.0%	▲ +5.2
Rarely	22.8%	20.6%	▼ -2.2
Often	21.6%	26.5%	▲ +4.9
Never	10.8%	2.9%	▼ -7.8
Q5. Over the last 30 days, how many days did you exercise? (Before n=379, After n=31)			
5 Days or less	44.3%	6.5%	▼ -37.9
10 Days or less	26.4%	0.0%	▼ -26.4
11-20	18.5%	0.0%	▼ -18.5
20+	10.8%	93.5%	▲ +82.7
Q6. The results I see in the mirror are... (Before n=473, After n=31)			
Not the most important thing to me	59.6%	87.1%	▲ +27.5
Most important to me	40.4%	12.9%	▼ -27.5
Q7. What motivates me to exercise: (Before n=474, After n=33)			
Feelings of shame about my body and the way I look	49.4%	27.3%	▼ -22.1

Answer	Before	After	Change
Neither of the above	45.6%	72.7%	▲ +27.2
Pressure from society/others	5.1%	0.0%	▼ -5.1
Q8. During a workout, what are you thinking? (Before n=479, After n=33)			
I often go through the motions, somewhat checked out mentally.	35.9%	51.5%	▲ +15.6
I'm like a disgruntled employee who looks at the clock constantly for when I'm allowed to leave.	29.9%	9.1%	▼ -20.8
About everything I'm going to do after the workout.	17.5%	15.2%	▼ -2.4
I focus 100% on what I'm doing. I love being "in the zone." It improves my performance and results.	16.7%	24.2%	▲ +7.5
Q9. While running or holding a difficult yoga pose or lifting a heavy weight, what is your brain telling you? (Before n=485, After n=33)			
"This is not my favorite thing."	34.8%	57.6%	▲ +22.7
"This is tough. Challenge accepted."	26.6%	39.4%	▲ +12.8
"This. Is. Miserable. Stop!"	21.6%	3.0%	▼ -18.6
"This is annoying."	12.6%	0.0%	▼ -12.6
"This feels great! I am a powerful beast."	4.3%	0.0%	▼ -4.3
Q10. When you have the opportunity to exercise, how much resistance do you generally feel to do it? (Before n=491, After n=32)			
A lot of resistance. It's difficult to get myself going.	40.5%	6.2%	▼ -34.3
Some resistance. About 50/50 if I'll overcome it.	31.0%	50.0%	▲ +19.0
A little bit of resistance at times, but nothing that would stop me.	13.4%	37.5%	▲ +24.1
A mountain of resistance. It feels overwhelming.	12.4%	0.0%	▼ -12.4
No resistance. Let's go!	2.6%	6.2%	▲ +3.6
Q11. You have the idea to exercise today. What is your typical (most common) response? (Before n=503, After n=32)			
I'll think of an excuse not to do it today (tired, busy, etc) and plan to do it another day.	41.7%	3.1%	▼ -38.6
I have mixed feelings about it, depending on the day.	29.6%	25.0%	▼ -4.6
I don't always feel like doing it, but I do it if I can.	16.1%	65.6%	▲ +49.5
The thought fills me with dread. I immediately think of something else to do instead.	10.3%	3.1%	▼ -7.2
I get excited. It's the best part of my day!	2.2%	3.1%	▲ +0.9