

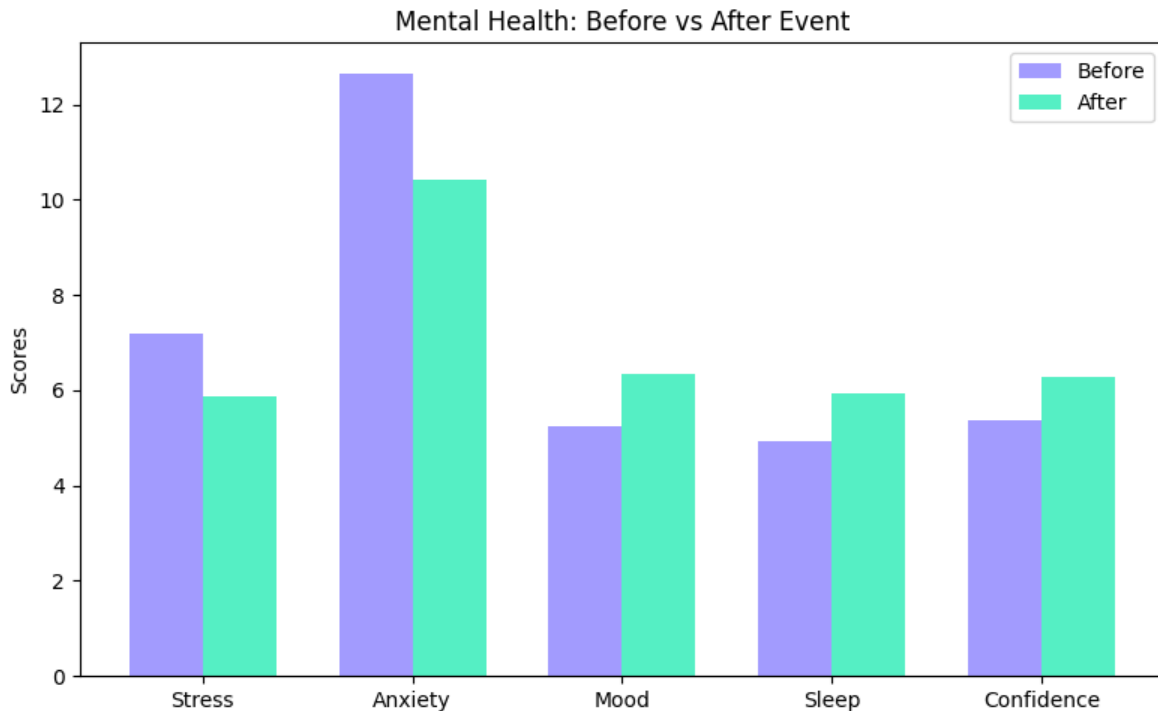
Sunday Wellness Event Analysis Report

Sample Size: 500 (Attendees: 296, Non-Attendees: 204)

Key Findings

Statistic	Finding	Details
100.0%	Reported Lower Stress	Stress scores dropped by 18.1% on average ($p < 0.001$)
100.0%	Experienced Better Mood	Average mood improvement of 1.12 points ($p < 0.001$)
100.0%	Improved Sleep Quality	Sleep quality up by 20.2% ($p < 0.001$)
100.0%	Feel More Energetic	Energy levels increased by 26.3% ($p < 0.001$)
99.7%	Achieved Weight Loss	Average weight change of -2.01 kg
69.9%	Would Recommend	Satisfaction score of 6.8/10

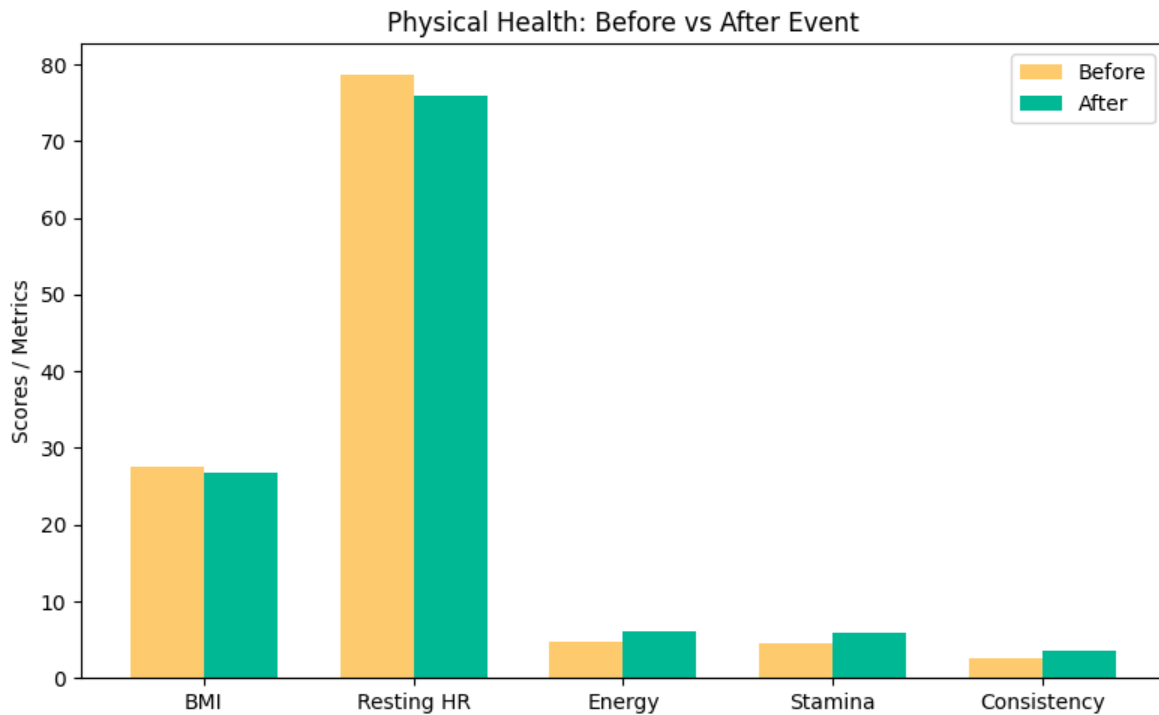
Mental Health Improvements



Metric	Before Mean	After Mean	Change (%)	Effect Size	P-Value
Stress Level	7.18	5.88	18.1%	Large	$p < 0.001$
Anxiety Score	12.66	10.42	17.7%	Medium	$p < 0.001$
Mood Rating	5.23	6.35	21.4%	Large	$p < 0.001$

Sleep Quality	4.92	5.92	20.2%	Medium	p < 0.001
Self-Confidence	5.37	6.28	16.9%	Medium	p < 0.001

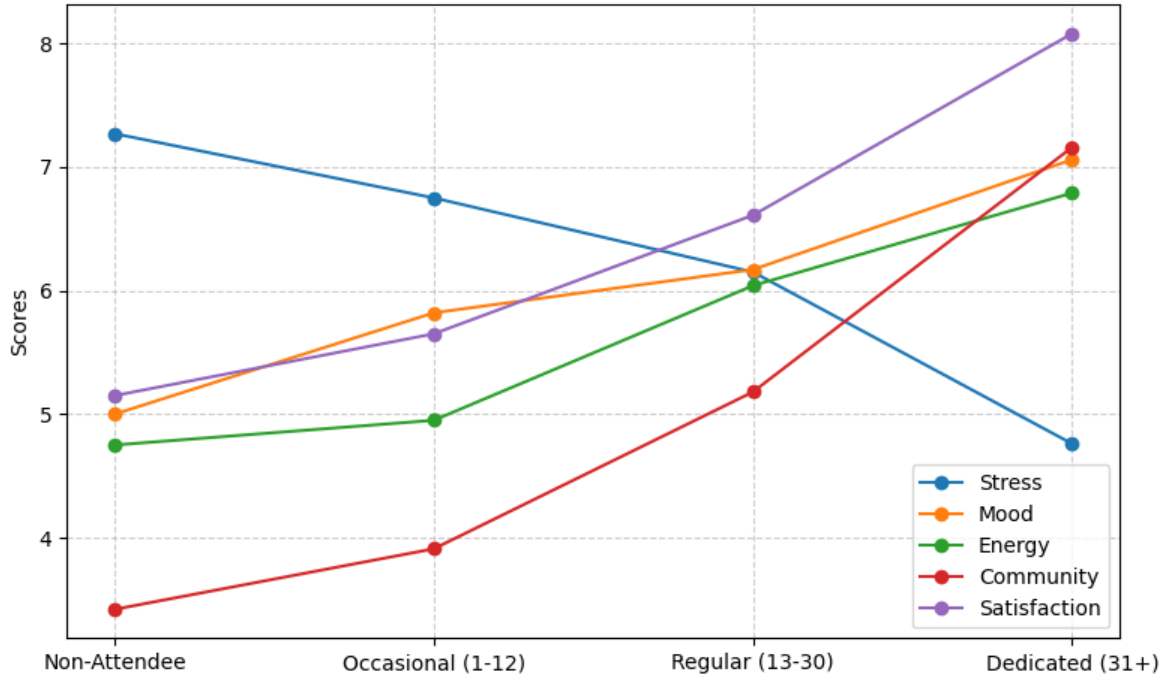
Physical Health Improvements



Metric	Before Mean	After Mean	Change (%)	Effect Size	P-Value
BMI	27.60	26.69	3.3%	Small	p < 0.001
Resting Heart Rate	78.74	75.95	3.5%	Small	p < 0.001
Energy Level	4.77	6.02	26.3%	Large	p < 0.001
Stamina	4.50	5.85	30.0%	Large	p < 0.001
Weekday Workout Consistency	2.62	3.55	35.1%	Medium	p < 0.001

Dose-Response: Frequency of Attendance

Dose Response: Event Attendance Frequency



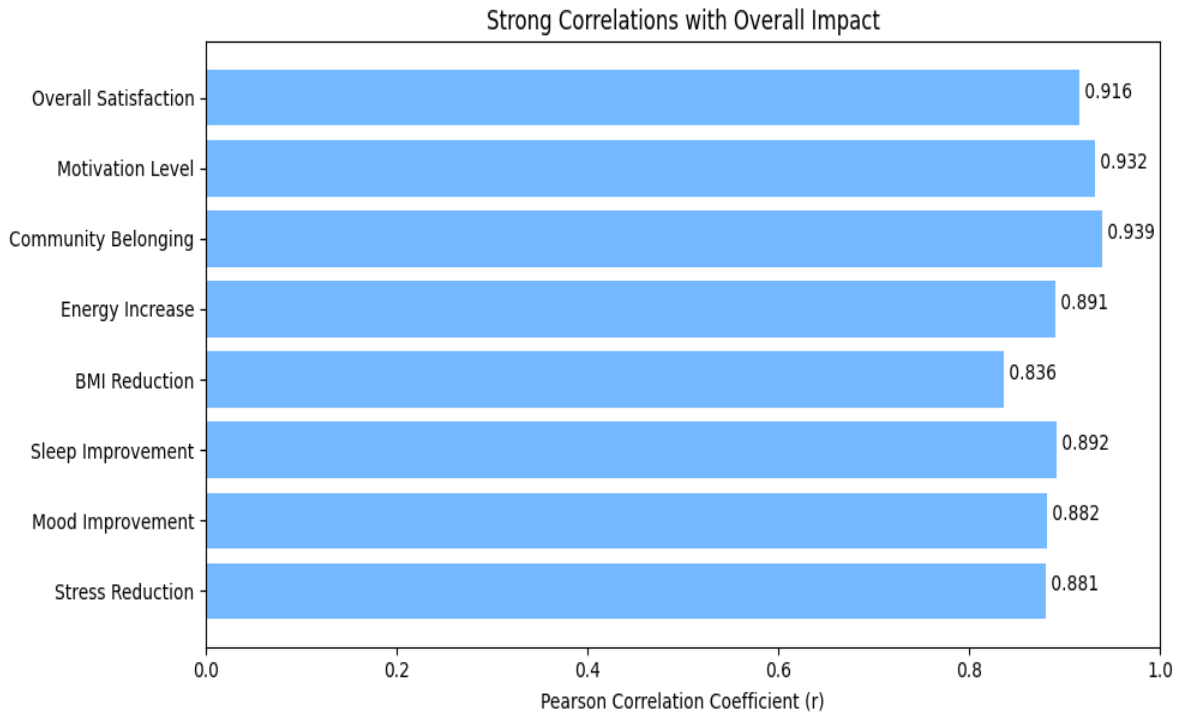
Social & Community Impact

Satisfaction: Attendees had an average satisfaction of 6.8/10, compared to 5.2/10 for non-attendees.

Connections: Attendees made an average of 9.9 connections (Total: 2931).

Recommend Rate: 69.9% of attendees would recommend the event.

Correlations



Metric	Pearson r	Strength	P-Value
Stress Reduction	0.881	Strong	$p < 0.001$
Mood Improvement	0.882	Strong	$p < 0.001$
Sleep Improvement	0.892	Strong	$p < 0.001$
BMI Reduction	0.836	Strong	$p < 0.001$
Energy Increase	0.891	Strong	$p < 0.001$
Community Belonging	0.939	Strong	$p < 0.001$
Motivation Level	0.932	Strong	$p < 0.001$
Overall Satisfaction	0.916	Strong	$p < 0.001$

Demographics

Age Distribution: Mean 31.6 years, range 18-60 years.

Gender Distribution: Male: 255, Female: 228, Non-Binary: 17.

