

1.- Sex

a.- male

b.- female

2.- Do you take any type of pre-workout energy supplement or energy drink for your workouts?

a.- yes

b.- no

3.- When do you consume the supplement?

a.- Before training

b.- during training

c.- after training

4.- Select the box based on the type of supplement you consume ONLY if the answer to question 2 is a (yes):

	None	1 to 2 times a week	3 to 5 times a week	6 or more times a week
Monster Energy				
Red Bull				
Reign				
Rockstar energy				
Red Bull				
Nocco				
Burn				
Myprotein				
Prozis				
Optimum Nutrition				
Hsn				
Amix				
Cellucor				
Os Nutrition				
Zumub				
BioTechUsa				
Foodspring				
Alpha Foods				
Scenit nutrition				