



What Perks PERK YOU UP?



In an effort to understand which benefits you find most valuable, please indicate any responses that apply to you. Responses are collected in the aggregate.

WHAT IS YOUR NEXT MAJOR LIFE TRANSITION?

- Buying a home/moving
- Remodeling a home
- Marriage
- Childbirth/adoption
- Sending children to college/trade school
- Divorce
- Retirement
- Pet adoption

WHAT ARE YOUR MAJOR PAIN POINTS?

- Child care
- Work/life balance
- Student loan debt
- Funding children's education
- Elder care
- Fertility challenges
- Affording day-to-day expenses
- Retirement planning
- Alcohol/substance abuse (yourself or a loved one)
- Depression/anxiety/other mental health struggles (yourself or loved one)
- Career planning

WHAT DO YOU DO OR WISH YOU DID MORE OF TO UNWIND?

- Outdoor activities (e.g., hunt, fish, ski, bike, run, boat, surf, hike, climb, golf)
- Gym (local fitness club that offers equipment and/or group exercise classes)
- Home/video/subscription-based workouts
- Alternative fitness/wellness (e.g., yoga, mindfulness, tai chi, martial arts)
- Book club/reading
- Musical performance
- Theater/concerts
- Movies
- Gaming
- Crafting
- Organized sports
- Charity/nonprofit volunteer *(name of organization)*
- Gardening
- Pet (bonding, time)
- Learning new skills/activities
- Massage
- Cooking/baking

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