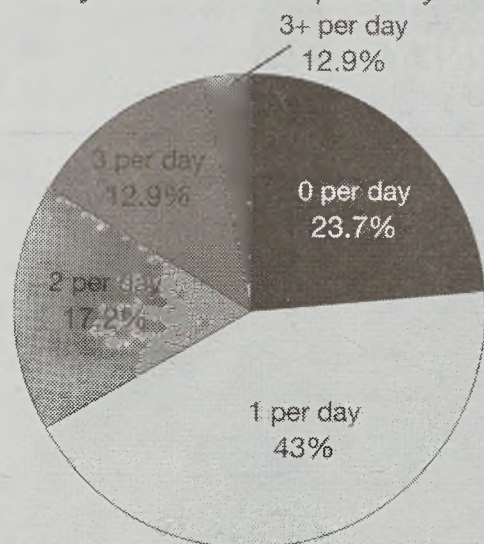


CONSUMPTION

How many caffeinated drinks do you consume per day?



sumption has increased since she began college, and she typically has two or three caffeinated drinks each day.

In contrast, Cockerham said he only drinks soda containing caffeine once in a while. Additionally, he said when he drinks soda, he does not drink it for its caffeine content, but rather for the taste.

While a plurality, 43 percent, of survey respondents said they consume only one caffeinated drink each day, about two-thirds of the respondents indicated they were

HABITS

To what extent would you say each of your meals is balanced?

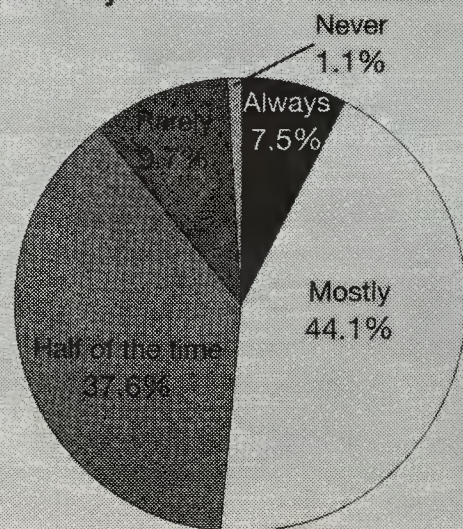
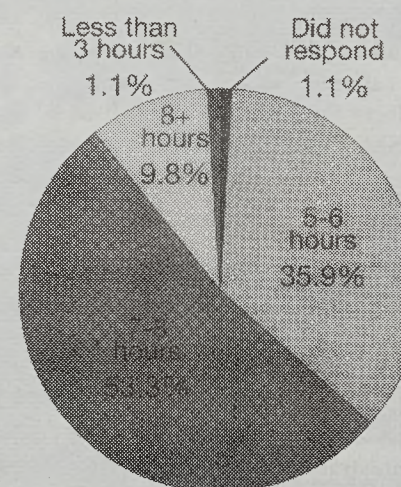


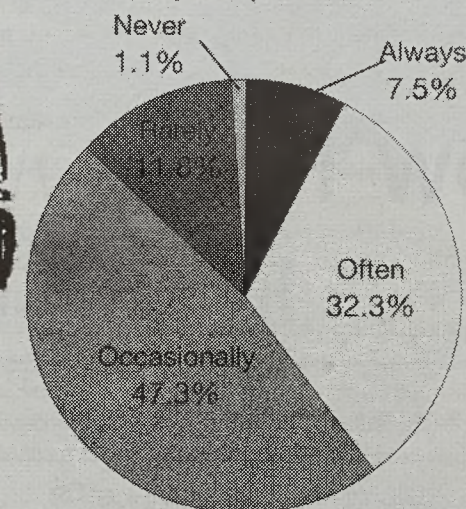
IMAGE COURTESY OF MCT CAMPUS.

SLEEPING

How many hours of sleep do you get a night?



How often do you feel sleep deprived?



ALL GRAPHICS BY KRISTEN CASE, DESIGN EDITOR

Average routine of Elon students