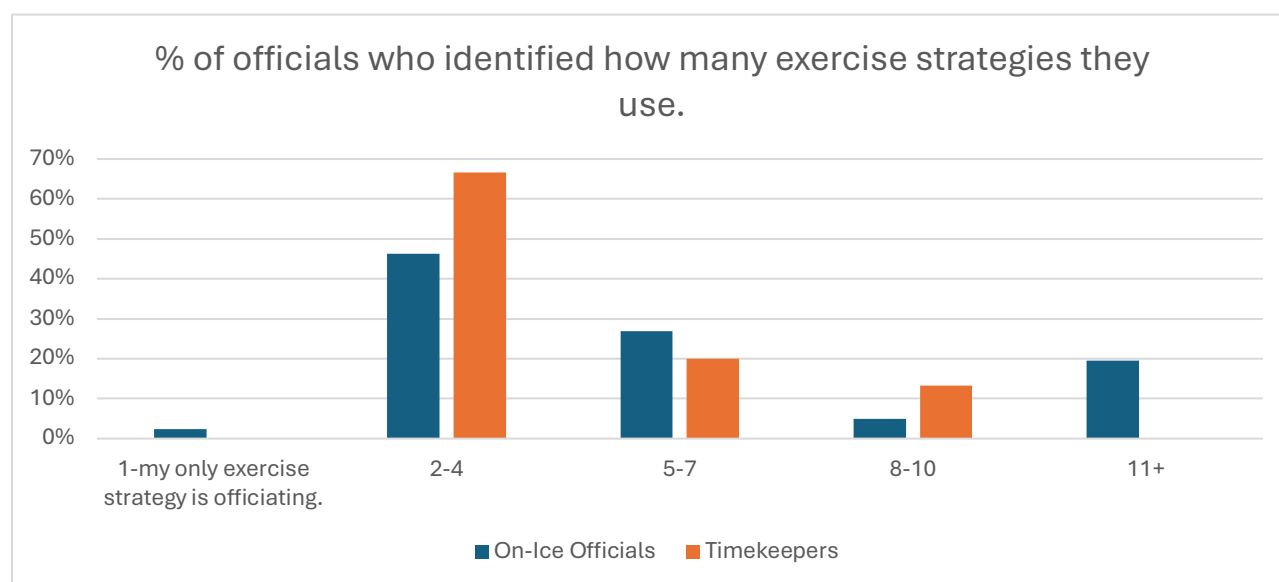


#thankthestripes APSJ Survey Results

On average, how many times per week do you break a sweat?

- On-ice officials averaged 5.17x per week, TKs = 4.69x per week.
- These numbers are not significantly different. On-ice officials = Timekeepers.
- According to Co-Pilot, the average human breaks a sweat 3x per week.

How many exercise strategies do you use?



Agree or disagree. "Officiating is my primary way to stay in shape."

