Consent questionnaire

1. Are you male, female or other?
2. Do you fit within the age group of 35+?
3. What is your ethnic background?
4. What is your highest level of education?
5. Do you consider yourself to be particularly physically active?
6. With a rough estimate, how many steps do you feel like you take in a normal day?
7. Have you ever played video games through your mobile device before?
8. If yes to the above, which category do you feel you fit into? “I play games on my phone…”
   1. Less than once a week
   2. Less than once every 3 days
   3. Less than once a day
   4. More than once a day
9. Do you currently make use of any applications to help keep track of, or to motivate your fitness routine?
10. If yes to the above, please list below

Please sign below if you consent to taking part in this usability study