

QUESTIONNAIRE

1.What would make habit tracking app more interesting?

- Earning points or rewards
- Celebration for Milestone
- Competing with friends and family

2. How do you normally track your habits?

- Manually in a notebook
- In an application on a phone
- Mentally

3. How many habits do you want to track per day?

- 1-3
- 4-7
- 8 or more

4. Would you like the app to suggest new habits?

- Yes
- No
- Maybe

5.Would you like in-app timers to focus on your habits?

- Yes
- No
- Maybe

6. Would you like a journal to register daily insights and accomplishments?

- Yes
- No
- Maybe

7. What type of reward system would you prefer to help keep the motivation going?

- Point System, with which you can buy pets and artefacts
- Badges and Avatars
- Health Bar, which upon filling reveals a motivating animation