

As you might know, a difficult part of workout is not the physical activities themselves, but to actually workout as you initially planned. The purpose of this study is to discover how effective Jack, a (simulated) digital human fitness trainer, can motivate you to stick to your regular workout routine.

Before you start, you should have already consented to participating in this study by:

1. Signing the **consent form (Consent form – Jingbo.pdf)**
2. Declared that you are capable of carrying out regular physical activities by signing the **health screening table (Adult-Pre-Screening-Tool-2021-3.pdf)**.

Once you have completed signing the forms, you can start testing. The tasks are simple:

1. Complete the pre-test survey:
<https://forms.gle/W8H7iQWk8W1c4wwi6>
2. Download **Testflight** from **Appstore**:
<https://apps.apple.com/us/app/testflight/id899247664>
3. Download the actual app that you will test, 'Jack':
<https://testflight.apple.com/join/15NWcw85>
4. Use the app for 7 days, in whichever way you want. Jack will send a notification everyday at 7pm, reminding you to have a chat with him.
5. After 7 days, fill in the post-test survey. I will contact you on day 7 and send you the link.

The \$20 gift voucher is expected to be sent to you in the week 13 of UQ calendar. Thank you for your participation!



Click to change settings



Type your name here

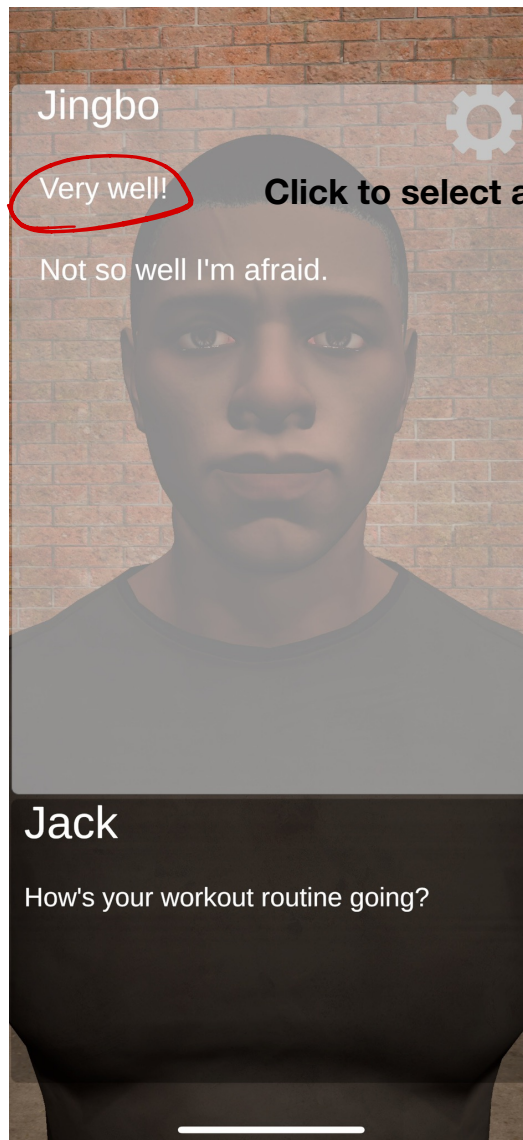


Click to return

Your name is saved locally.



Click to start a conversation with Jack.
Unmute your phone so you can hear him speaking!



Click to select a response



Sometimes you need to click to continue

DON'T FORGET TO UNMUTE YOUR PHONE!