

Fitness Tracker App Knowledge Elicitation Questionnaire

Team 1i

DISCLAIMER

This questionnaire aims to gather information on potential users of a new fitness app. It is a data collection technique to help us create the best features for this app.

Click off of this questionnaire if you do not meet any of the following conditions:

- You must be 18 and older to complete this survey.

Your data is crucial, and we ensure its protection and privacy. If you wish to remove your response, contact any team member.

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Certain questions are optional, and "I would rather not say" is available for required questions.

Your participation is voluntary, and you can withdraw by emailing the team.

We phrase questions to inquire about dietary and health information without intruding into personal or sensitive information.

Thank you for taking the time to read this disclaimer, and we appreciate any submissions made.

What age group do you fall in?

Over 60?

What is your sex?

I would rather not say

How fit do you consider yourself to be, 1 being "not very fit", and 5 being "very fit"

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Do you prefer to exercise indoors or outdoors?

Indoors

You selected "Indoors". Could you briefly explain why?

I find it more comfortable and convenient to exercise indoors. Outdoor activities can sometimes be challenging for me due to my age and fitness level.

Which of these physical activities do you participate in?

Walking

To the activities that you have selected above, what is the average number of times per week that you do them?

Once a week

Please share, if you have them, what your latest fitness goals are?

My goal is to maintain mobility and improve overall health and focus on making sure my arthritis doesn't worsen.

Do you have a personalised workout plan?

No

Do you track your calories?

No

What are the biggest challenges in achieving a balanced food intake that you experience?

Economic problems when choosing food

Limited cooking ability

Limited nutritional knowledge

How do you prefer to track your fitness progress?

I don't want to track my progress.

What is or would be your favourite feature on the progress tracker that you selected in the question above?

None

What is or would be your least favourite feature on the progress tracker that you selected in the question above?

None

What achievements at this stage of your fitness journey do you see as significant?

Functional fitness (e.g. flexibility improvement, faster walking, etc.)

Maintain regular walking routine.

Do you, or would you find it helpful and of value to interact with a larger community in the fitness space?

I would rather not say

How would you feel about integrating health metrics into your fitness routines such as heart rate, or sleeping patterns to track your overall wellbeing overtime?

I prefer to not focus on such metrics

Can you share briefly why you are not interested in tracking health metrics?

I prefer to keep my fitness journey simple and straightforward and so I do not pay attention to health metrics

Would you be willing to have a further interview to expand on some of your answers that you have provided?

No, I would rather not do any further interview