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.

- 220081838@aston.ac.uk
- 220405713@aston.ac.uk
- 220061405@aston.ac.uk
- 220070603@aston.ac.uk
- 220105411@aston.ac.uk
- 230059672@aston.ac.uk
- 220078012@aston.ac.uk

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?   Between 21-30?

What is your sex?   Male

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

Do you prefer to exercise indoors or outdoors?   Outdoors

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

The freedom of the outdoors allows me to push myself to the hardest I can. I pride myself on my six pack. Ever since I was locked in prison, I found that I loved fitness and it hurt me that I could only exercise in the smallest yard possible surrounded by blood hounds. The freedom of the outdoors allows me to feel alive,

fresh and clear-headed; for as long as I live, I will strive to exercise outside...

Which of these physical activities do you participate in?

Running Cycling Swimming Team Sports

Outdoor Hiking or Biking

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

Daily

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

To keep my staminal endurance as high as possible. I work to keep myself lean and therefore aim for a body fat % of less than 9%. I want to increase my strength and wish to embark on a strength development program with the hopes of developing my shoulders and pectoral muscles.

Do you have a personalised workout plan?

Yes

Please briefly share the information regarding that personalised workout plan.

I run 5 miles 4 days a week on my treadmill and do calisthenics one day a week.

Do you track your calories?

Yes

To the best of your knowledge, how many calories do you consume per day?

1500

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

Not enough time to make the food

How do you prefer to track your fitness progress?

Wearable device(s) (e.g. smartwatch, fitness trackers)

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

calories burned

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

social integration

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

Losing weight

Stamina and systemic cardiovascular endurance

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

No

Jotform

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 am very open to the integration of health metrics and do so consistently to track my progress in a more objective form.

Can you share briefly what type of health metrics you already track?

I track my VO2 Max, and I also track my heart rate. My food tracker allows me to log my intake of food so I can effectively track my calories.

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

Jotform