

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?

Between 21-30?

What is your sex?

Female

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?

Outdoors

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

I prefer exercising outdoors because it provides a refreshing and dynamic environment. Running and cycling through nature not only contribute to my physical well-being but also offer mental and emotional benefits. The changing scenery and fresh air make the workout experience more enjoyable and promotes

a sense of freedom and overall well-being.

Which of these physical activities do you participate in?

Running

Cycling

Yoga

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?

More than 3 times per week

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

Improving cardiovascular endurance and flexibility.

Do you have a personalised workout plan?

Yes

Please briefly share the information regarding that personalised workout plan.

Yes, I follow a plan designed by a fitness trainer, including a mix of running, cycling, and yoga.

Do you track your calories?

Yes

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

2000

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

Not enough time to make the food

Limited cooking ability

How do you prefer to track your fitness progress?

Fitness apps (e.g. Caliber, Peloton, Strava, etc.)

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

Visual representation of weekly achievements.

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

Overly complicated navigation.

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

Losing weight

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

Yes, to gain support and contribute

You selected "to contribute and to gain support"; what would you most likely contribute and get support in?

Provide tips

Get motivation and encouragement

Join new exercise programs

Learn dietary tips

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 pay particular attention to my heart rate and sleep patterns

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