

# 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?**

Under 20?

**What is your sex?**

Male

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

4

**Do you prefer to exercise indoors or outdoors?**

Indoors

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

weights and stuff and you can control the temperature

## What types of physical activities do you enjoy

Walking	Enjoy To Do
Jogging	Enjoy To Do
Running	Neutral
Cycling	Neutral
Yoga	Would Rather Not Do
Swimming	Enthusiastically Love to Do:
Team Sports	Neutral
Outdoor Hiking or Biking	Enthusiastically Love to Do:
Dancing	Absolutely Avoid

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?

200kg deadlift

Do you have a personalised workout plan?

I would rather not say

How would you best describe your primary goal that influences your nutritional intake with the food that you consume?

Energy and performance focus

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

2750

With what diet do you achieve that primary goal that you described above?

High-protein diet

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

Not enough time to make the food

Food allergies and/or intolerances

Cultural hurdles when trying to alter food intake

Eating disorders

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

calorie intake

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

user interface

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

Strength and muscle mass gain

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?**

Yes, to gain support

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

Join new exercise programs

**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 open to integration but haven't focussed on implementing it yet.

**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