

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 41-50?

What is your sex?

Male

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?

busy schedule, I find it more convenient to have a controlled environment for my workouts indoors. It allows me to efficiently manage my exercise routine.

Which of these physical activities do you participate in?

Running

Cycling

Yoga

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?

Stop eating processed foods so much and to maintain a cardiovascular health through regular running and cycling. Yoga is included for flexibility and stress relief due to my high stress job.

Do you have a personalised workout plan?

Yes

Please briefly share the information regarding that personalised workout plan.

My workout plan includes a 30-minute morning run three times a week, a 20-minute cycling session twice a week, and a weekly yoga class for overall well-being.

Do you track your calories?

No

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?

It provides a quick overview of my weekly progress.

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

VO2 Max info is hard to read and I worry about the accuracy of it

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

Losing weight

Strength and muscle mass gain

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

Learn dietary tips

Join a class

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?

track VÔ₂ max, BMI, heart rate, sleeping patterns and caloric burn

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