

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?

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?

it is more

Which of these physical activities do you participate in?

Running

Cycling

Swimming

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

Do you have a personalised workout plan?

Yes

Please briefly share the information regarding that personalised workout plan.

mondays-Back and Biceps.

tuesday-Chest and Triceps

Wednesday – rest day.

thursday– Quads, Hamstrings and Calves.

friday – Shoulders, Traps and Forearms.

saturday – rest day.

sunday– rest day.

Do you track your calories?

Yes

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

4000

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

Economic problems when choosing food

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?

caliber

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

very expensive

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

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 and contribute

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

Provide 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 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