

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?

20 and Under?

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?

easier to control the temperature of the room as i do not need to change my exercises depending on the weather

What types of physical activities do you enjoy

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

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?

gain

Do you have a personalised workout plan?

Yes

Please briefly share the information regarding that personalised workout plan.

2 day upper body
2 days lower body
1 day full body workout

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

Weight management focus

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

3500

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?

Economic problems when choosing food

How do you prefer to track your fitness progress?

Journal/Notebook/Personal Diary

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

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?

Get motivation and encouragement

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.

Would you be willing to have a further interview to expand on some of your answers that you have provided?

Yes, I would be fine with a further interview

Email

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