

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?

Outdoors

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

I prefer outdoor activities such as walking and jogging to keep fit, as they don't require expensive equipment or gym memberships.

Which of these physical activities do you participate in?

Walking

Jogging

Running

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?

revolve around maintaining a healthy lifestyle and managing stress during the demanding university schedule. Achieving a balanced food intake is a challenge, given limited resources, but I strive to make nutritious choices within my means.

Do you have a personalised workout plan?

No

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

Economic problems when choosing food

Limited cooking ability

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?

Losing weight

Stamina and systemic cardiovascular endurance

Functional fitness (e.g. flexibility improvement, faster walking, etc.)

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

No

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 prefer to not focus on such metrics

Can you share briefly why you are not interested in tracking health metrics?

Economic costs related to this and me being a student means I cannot afford to track metrics at the moment

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