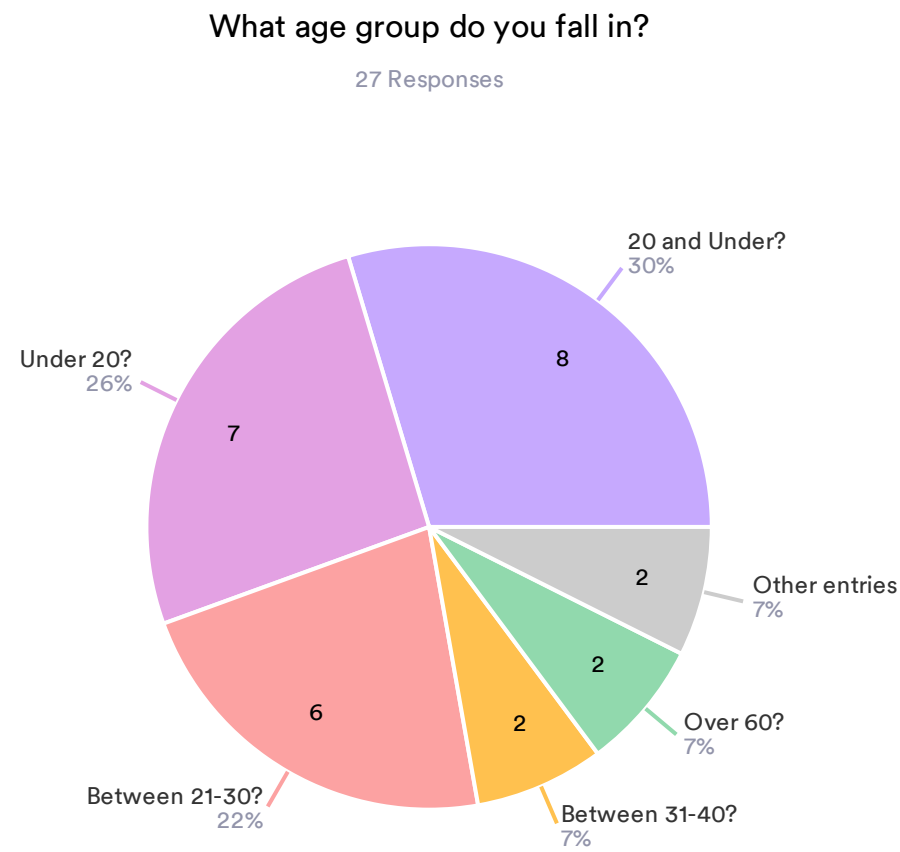
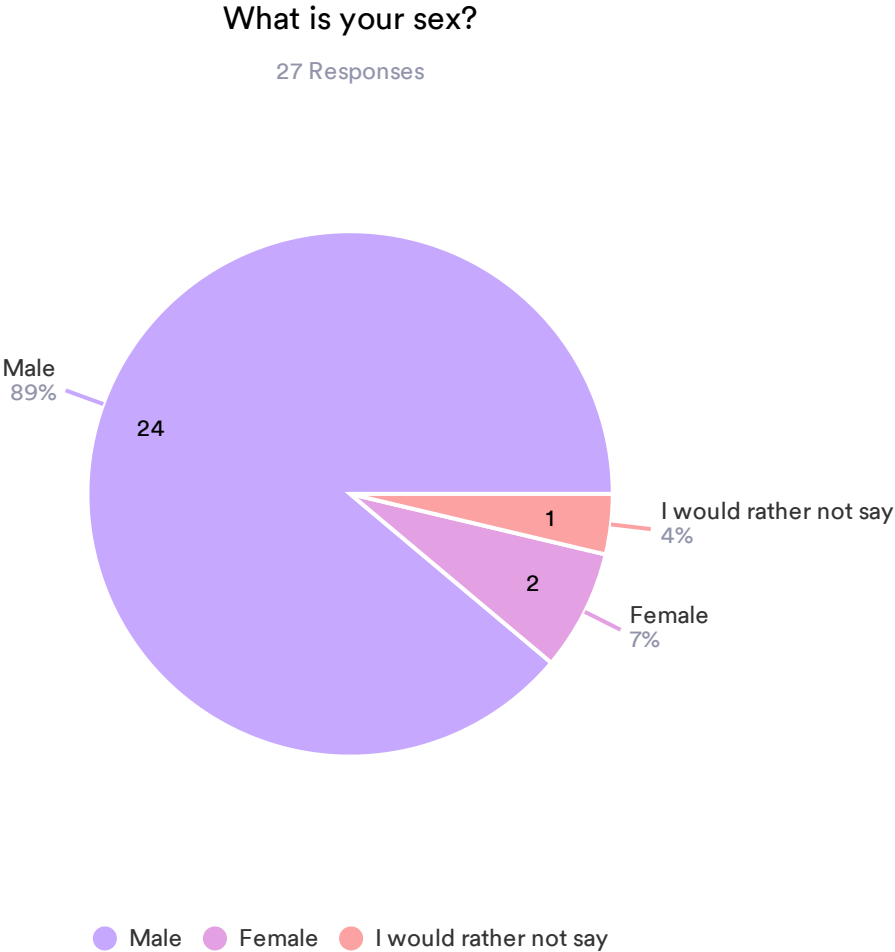


# Fitness Tracker App Knowledge Elicitation Questionnaire CS2HCI Team





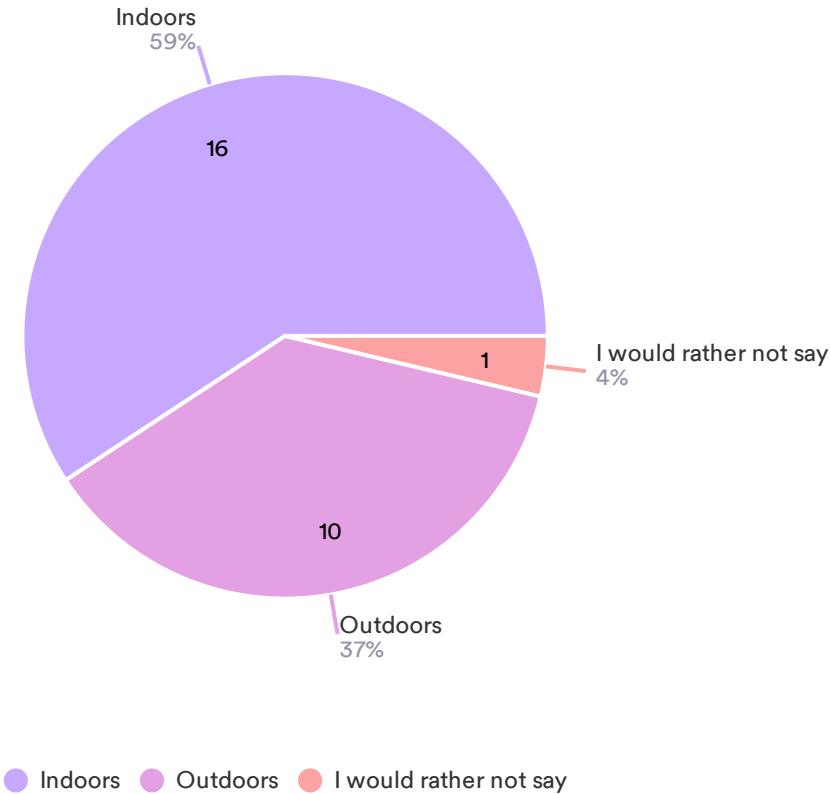
How fit do you consider yourself to be, 1 being "not very fit", and 5 being "very fit"

27 Responses

Data	Responses
4	10
3	6
2	4
5	4
1	3

Do you prefer to exercise indoors or outdoors?

27 Responses



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

13 Responses- 14 Empty

Data	Responses
it is more	1
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.	1
I prefer the controlled environment and comfort of exercising indoors. It allows me to follow a routine without external factors like weather affecting my workout.	1
I find it more comfortable and convenient to exercise indoors. Outdoor activities can sometimes be challenging for me due to my age and fitness level.	1
I am of an older age now and I would prefer the relative safety of the indoors. Sometimes I need to stop my exercise if my body hurts too much and doing that outdoors isn't much of an option since I still have to walk back home.	1
Gym with good equipments	1
more predictable	1
easier to control the temperature of the room as i do not need to change my exercises depending on the weather	1
Other entries	5

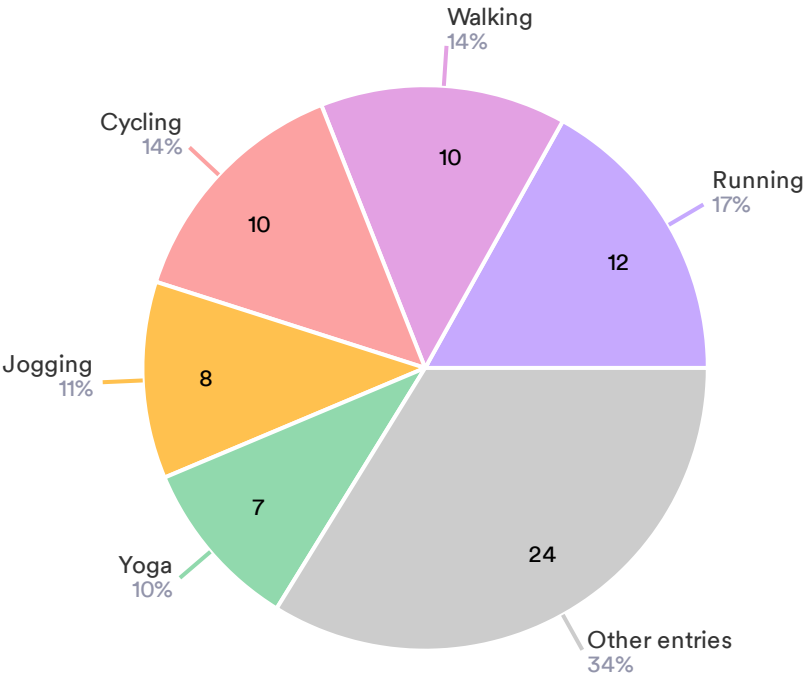
You selected "Outdoors". Could you briefly explain why?

9 Responses- 18 Empty

Data	Responses
Outdoor workouts are my go-to choice. The open space, natural surroundings, and the changing environment make my exercise routine more dynamic and enjoyable.	1
I prefer outdoor activities such as walking and jogging to keep fit, as they don't require expensive equipment or gym memberships.	1
I enjoy the fresh air and the variety that outdoor environments offer for exercise. It feels more liberating and engaging than being confined indoors.	1
I prefer exercising outdoors because it provides a refreshing and dynamic environment. Running and cycling through nature not only contribute to my physical well-being but also offer mental and emotional benefits. The changing scenery and fresh air make the workout experience more enjoyable and promotes a sense of freedom and overall well-being.	1
mostly running so i like running outside then treadmill	1
Nice weather	1
It's less depressing	1
The freedom of the outdoors allows me to push myself to the hardest I can. I pride myself on my six pack. Ever since I was locked in prison, I found that I loved fitness and it hurt me that I could only exercise in the smallest yard possible surrounded by blood hounds. The freedom of the outdoors allows me to feel alive, fresh and clear-headed; for as long as I live, I will strive to exercise outside...	1

Which of these physical activities do you participate in?

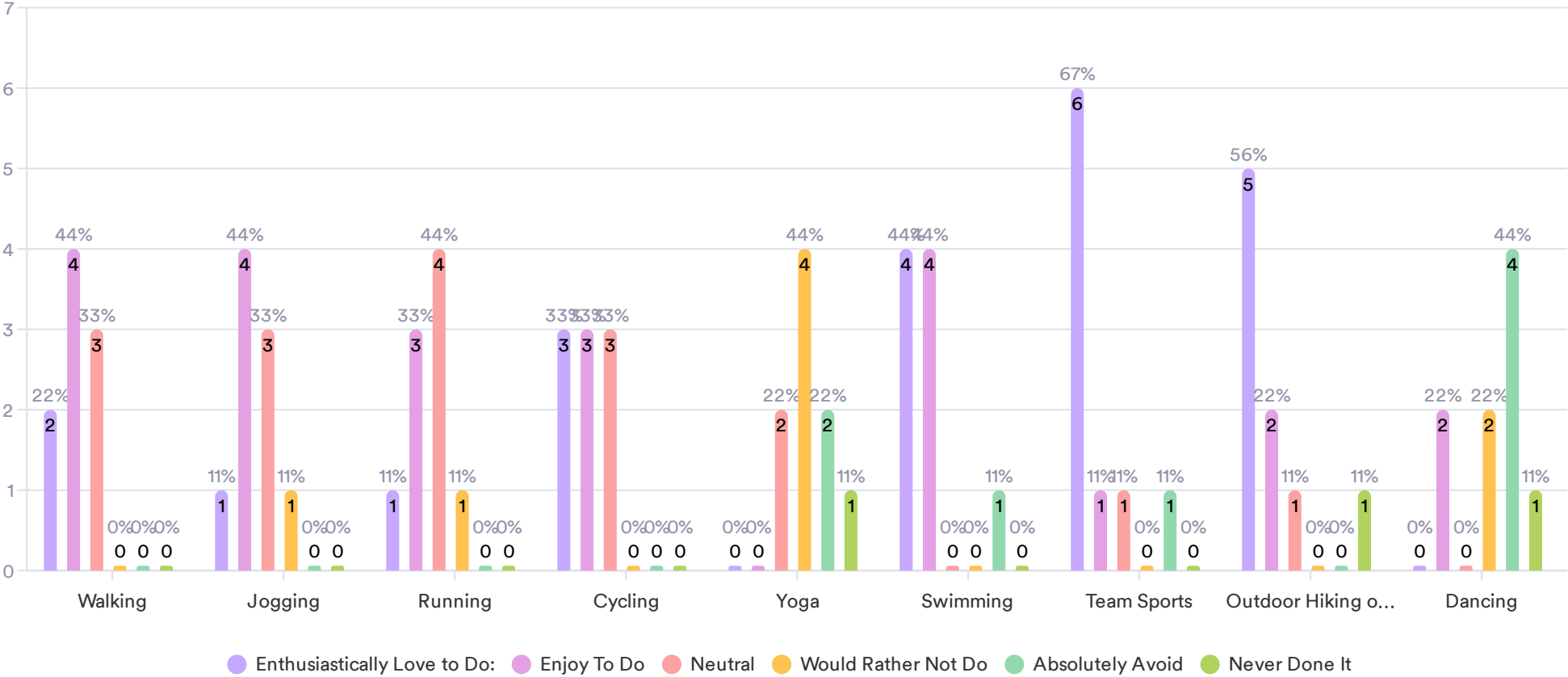
71 Responses- 9 Empty





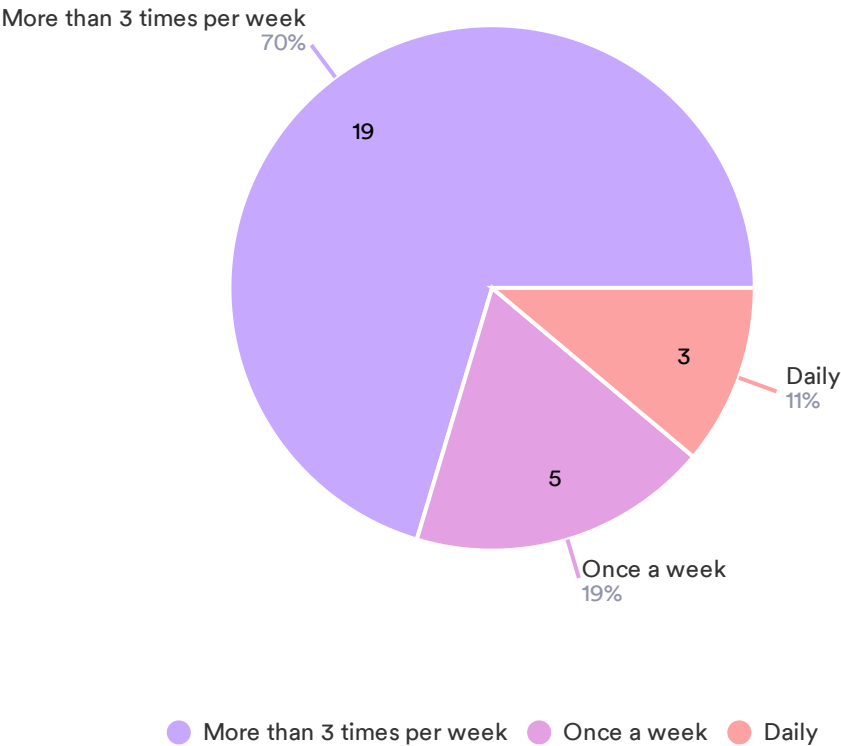
What types of physical activities do you enjoy

9 Responses- 18 Empty



To the activities that you have selected above, what is the average number of times per week that you do them?

27 Responses



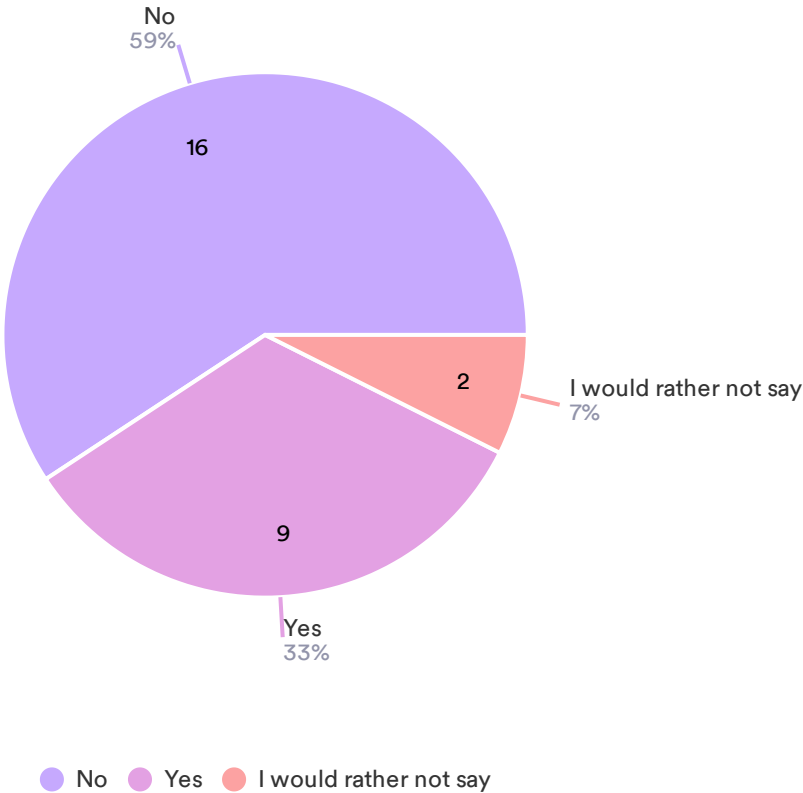
Please share, if you have them, what your latest fitness goals are?

22 Responses- 5 Empty

Data	Responses
Maintain overall well-being post-retirement.	1
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.	1
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.	1
My current goal is to improve flexibility and maintain a consistent walking routine for cardiovascular health.	1
My current goal is to improve cardiovascular endurance through regular jogging and cycling.	1
My goal is to maintain mobility and improve overall health and focus on making sure my arthritis doesn't worsen.	1
mpoving cardiovascular endurance and flexibility.	1
run a half marathon	1
Other entries	14

Do you have a personalised workout plan?

27 Responses



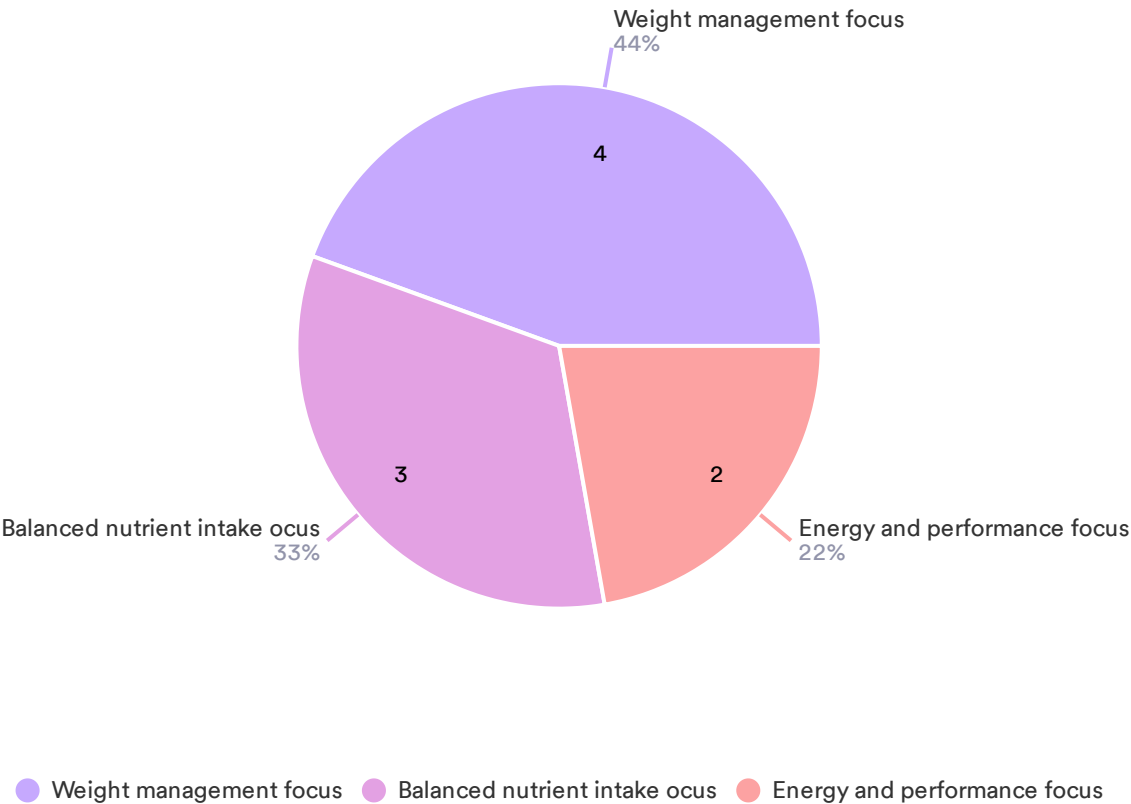
Please briefly share the information regarding that personalised workout plan.

9 Responses- 18 Empty

Data	Responses
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.	1
Yes, I follow a personalized workout plan crafted by my fitness trainer. It focuses on a combination of strength training, HIIT, and yoga for overall fitness. The plan is adjusted periodically to keep things fresh and aligned with my evolving fitness goals.	1
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.	1
My workout plan involves a daily 30-minute brisk walk and 20 minutes of yoga three times a week. I also include light strength training exercises.	1
Yes, I follow a plan designed by a fitness trainer, including a mix of running, cycling, and yoga.	1
I run 5 miles 4 days a week on my treadmill and do calisthenics one day a week.	1
I walk every day for 30 minutes, and I jog once a day for 20 minutes. I meet my friends for Sunday Dance Day where we dance for 45 minutes in a team. Yoga is done every week twice so that I can keep my body fresh and stretched. It also gives me Zen and helps align my chakras.	1
2 day upper body 2 days lower body 1 day full body workout	1

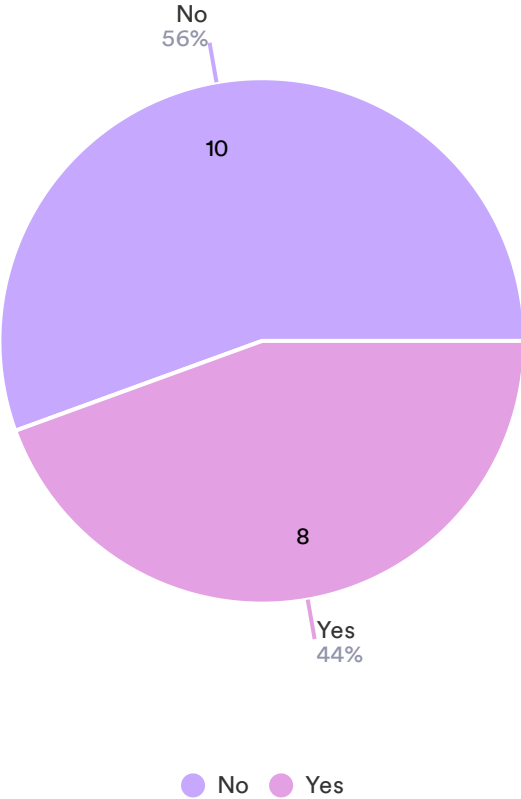
How would you best describe your primary goal that influences your nutritional intake with the food that you consume?

9 Responses- 18 Empty



Do you track your calories?

18 Responses- 9 Empty



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

14 Responses- 13 Empty

Data	Responses
2000	4
1500	3
2500	2
4000	1
3700	1
3500	1
2750	1
3000	1



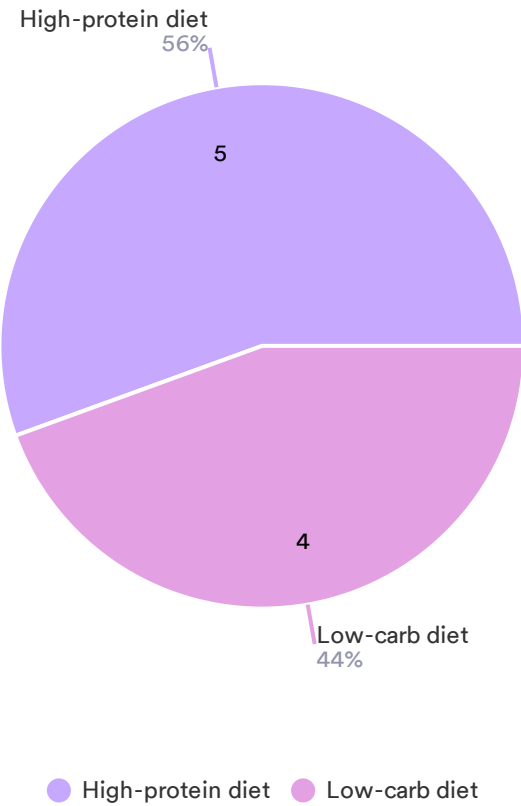
e.g., 23

0 Response

No chart data to show

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

9 Responses- 18 Empty



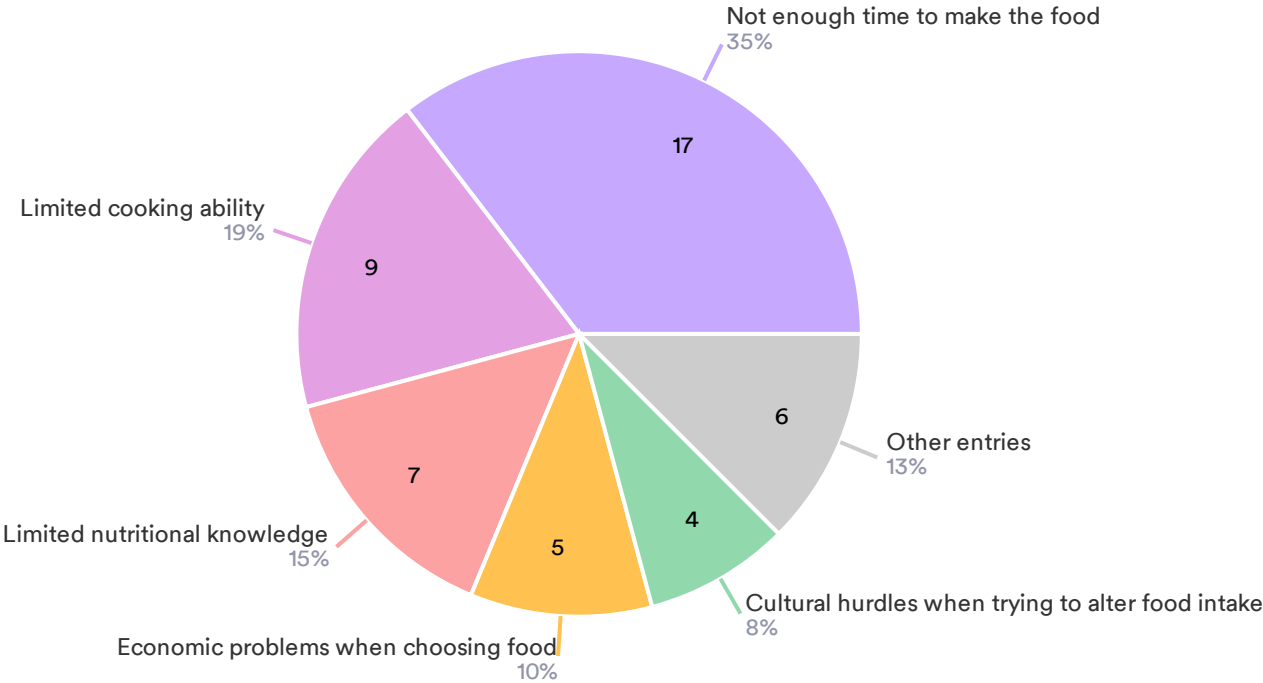
With what diet do you achieve that primary goal that you described above?

0 Response

No chart data to show

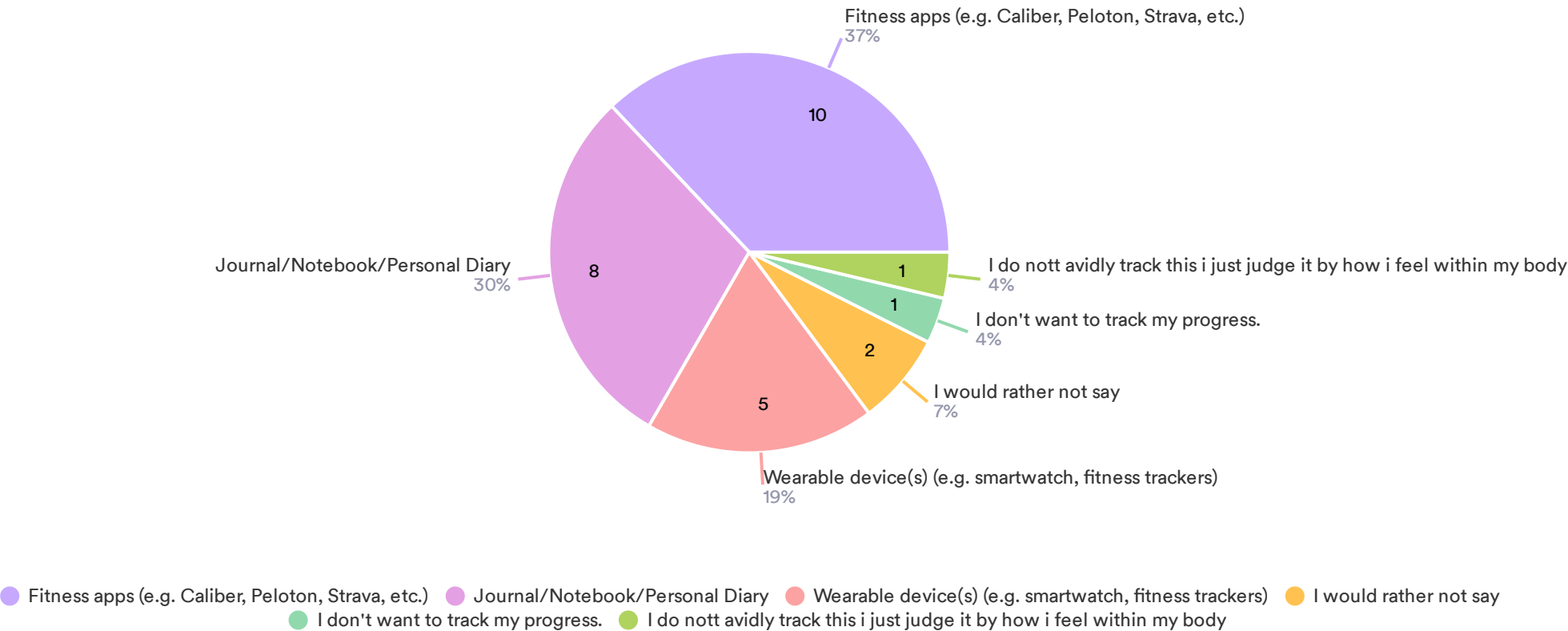
What are the biggest challenges in achieving a balanced food intake that you experience?

48 Responses



How do you prefer to track your fitness progress?

27 Responses



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

17 Responses- 10 Empty

Data	Responses
Steps Counter	2
caliber	1
BMI	1
It provides a quick overview of my weekly progress.	1
A feature that provides insights into the calories burned during different activities.	1
None	1
visual representation of weekly achievements.	1
Steps	1
Other entries	8

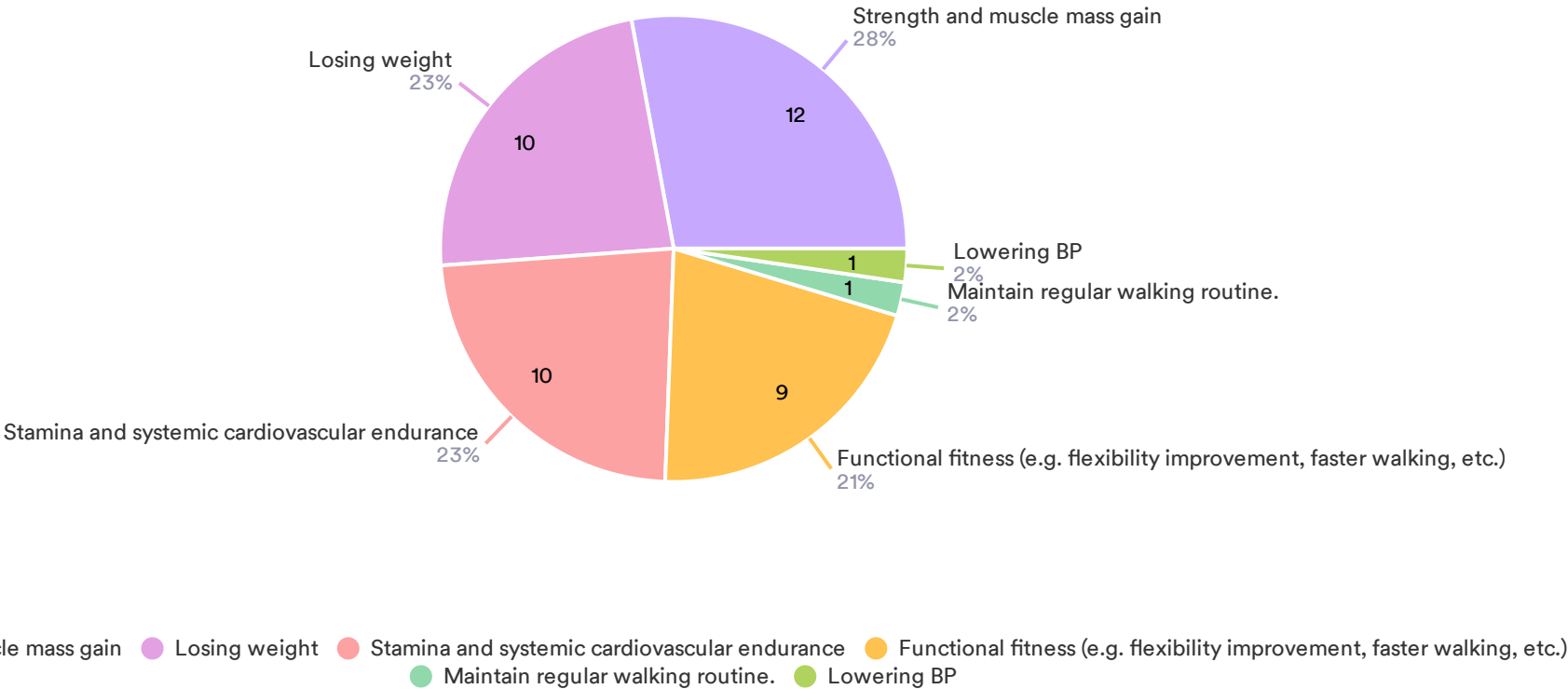
What is or would be your least favourite feature on the progress tracker that you selected in the question above?

17 Responses- 10 Empty

Data	Responses
Heartrate Monitor	2
very expensive	1
complexity of the interface and constant notifications	1
VO2 Max info is hard to read and I worry about the accuracy of it	1
Overly complicated graphs or statistics that are hard to understand.	1
None	1
ovverly complicated navigation.	1
Notification	1
Other entries	8

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

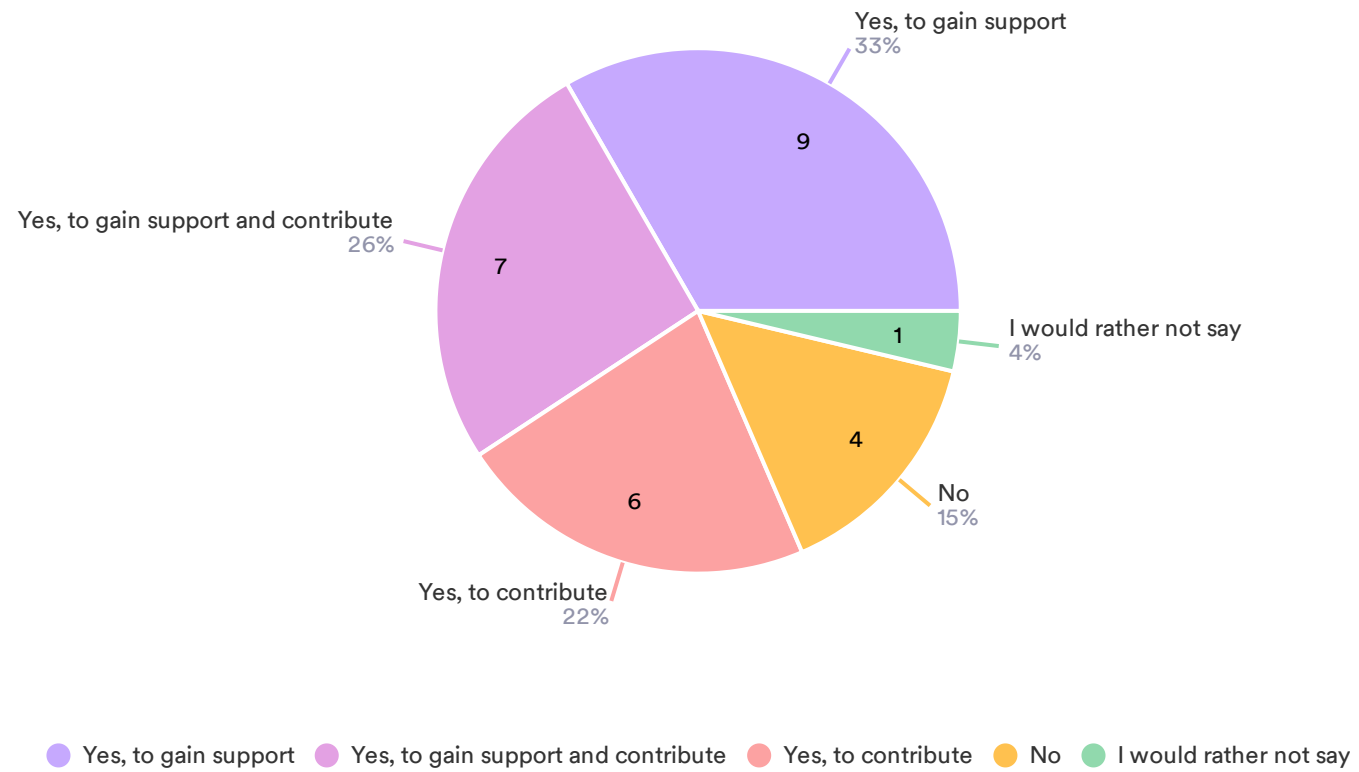
43 Responses- 1 Empty





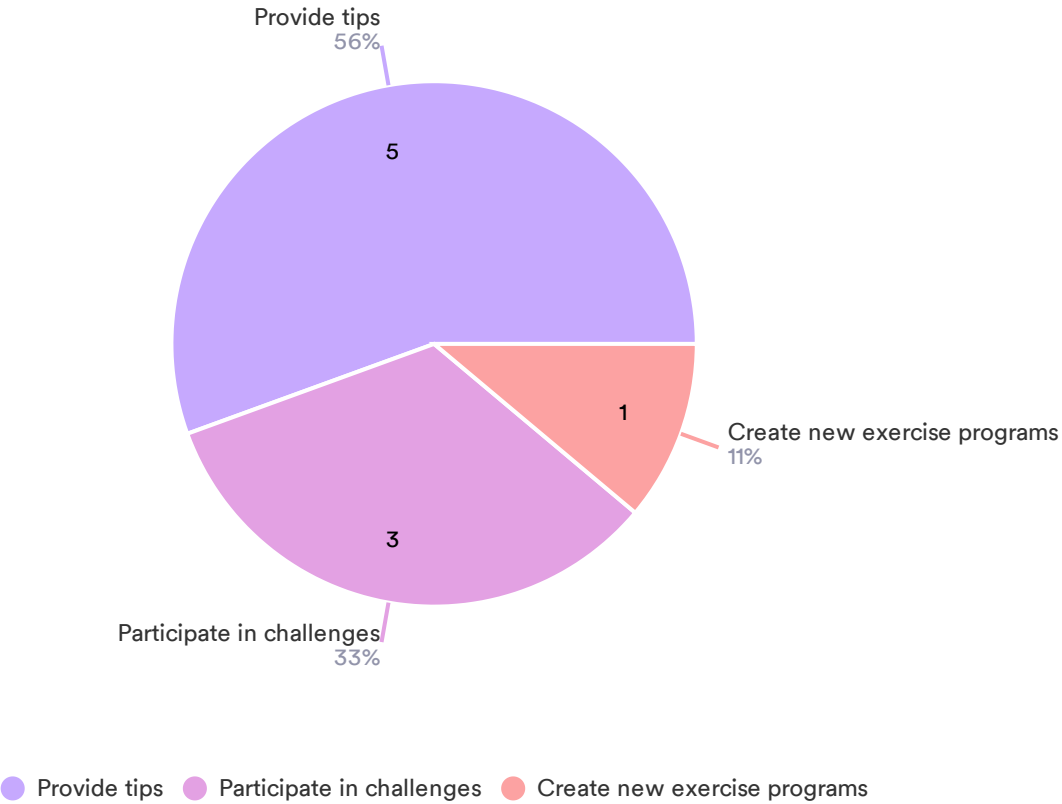
Do you, or would you find it helpful and of value to interact with a larger community in the fitness space?

27 Responses



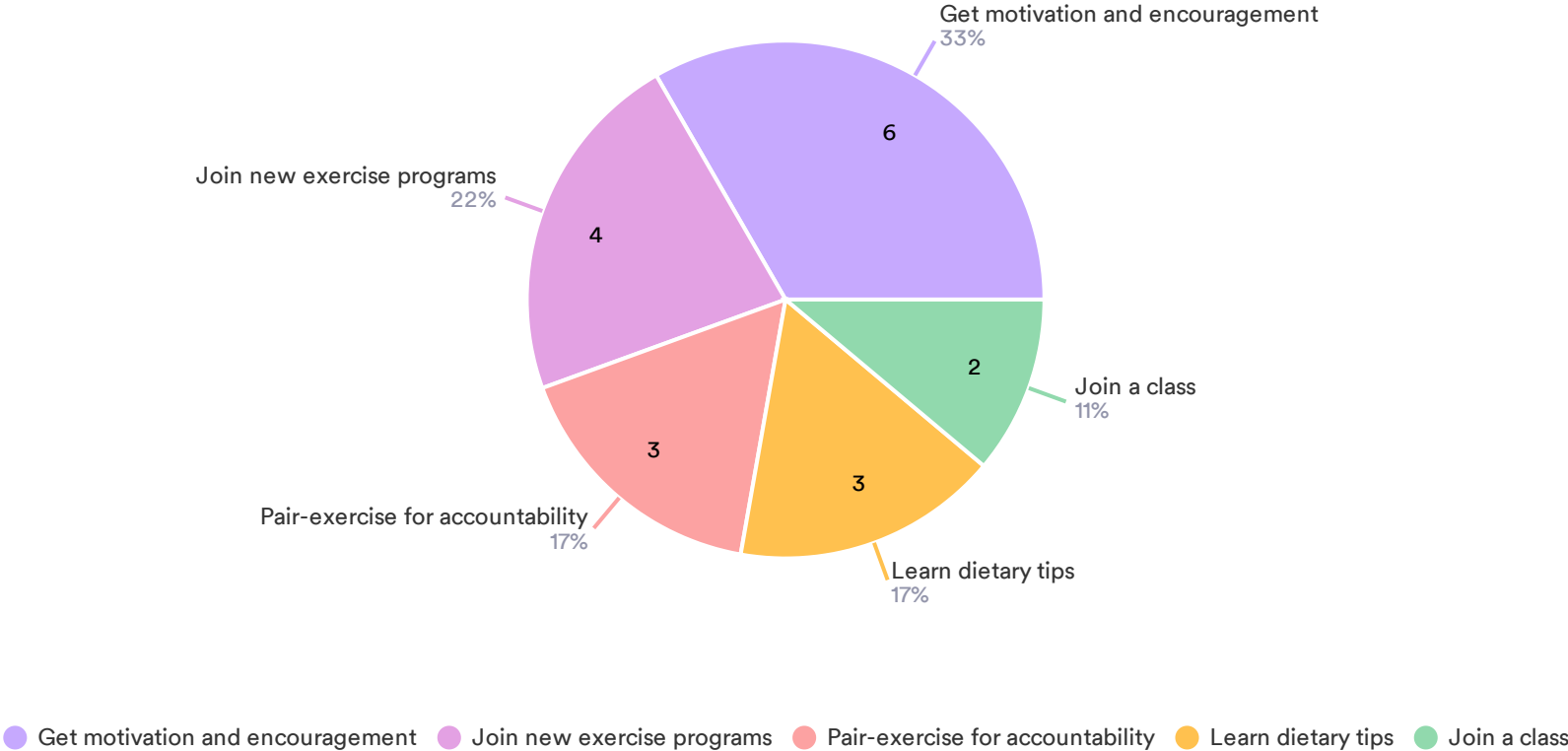
You selected "to contribute"; what would you most likely contribute in?

9 Responses- 21 Empty



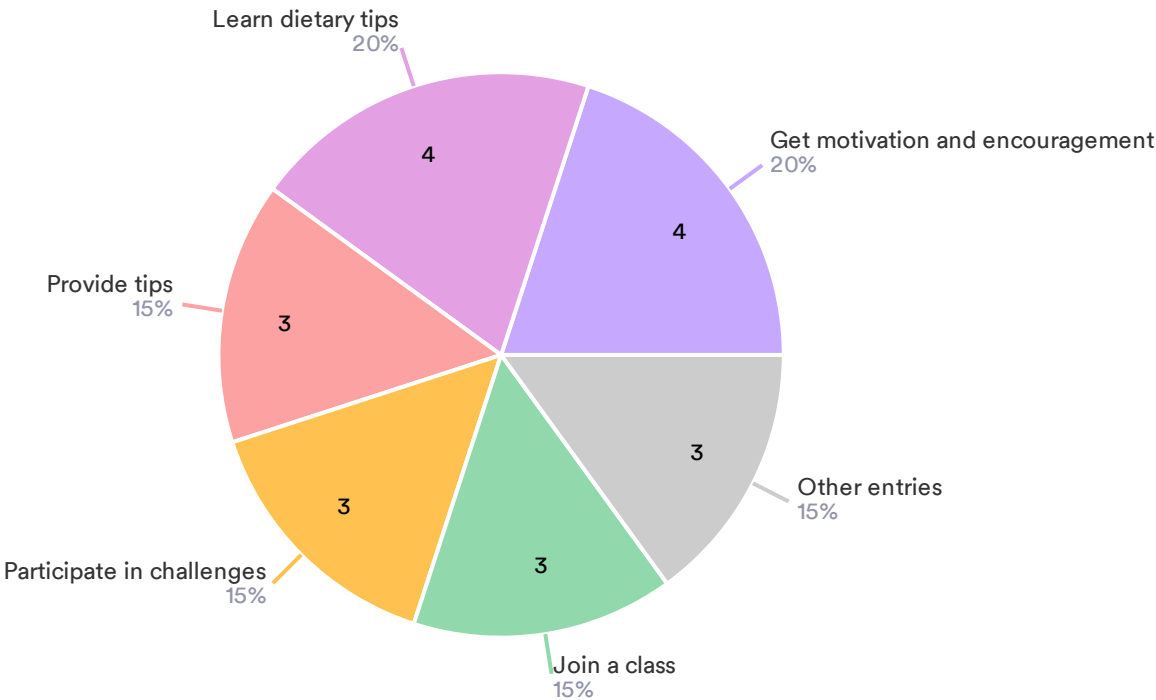
You selected "to gain support"; what would you most likely get support in?

18 Responses- 18 Empty



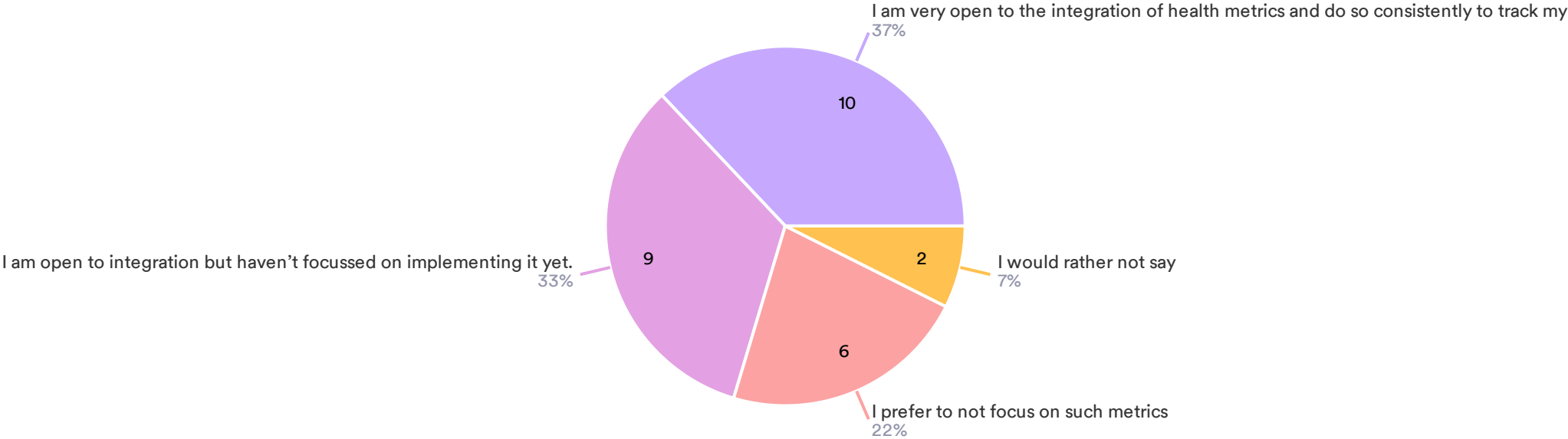
You selected "to contribute and to gain support"; what would you most likely contribute and get support in?

20 Responses- 20 Empty



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?

27 Responses



- I am very open to the integration of health metrics and do so consistently to track my progress in a more objective form.
- I am open to integration but haven't focussed on implementing it yet.
- I prefer to not focus on such metrics
- I would rather not say

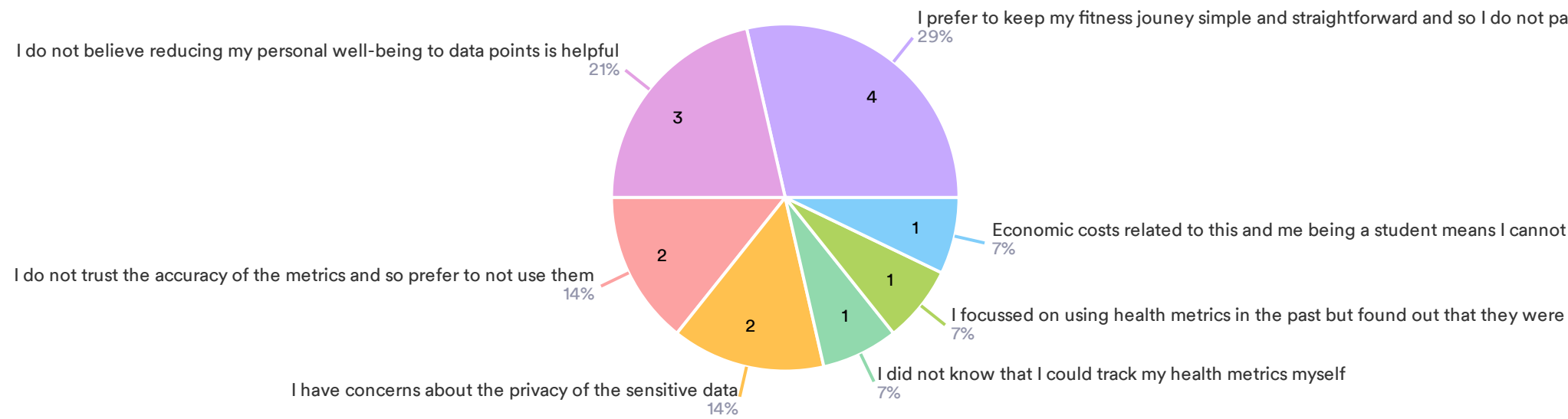
Can you share briefly what type of health metrics you already track?

7 Responses- 20 Empty

Data	Responses
BMI, sleeping patterns, calorific deficit and Vo2 max	1
track VO <sub>2</sub> max, BMI, heart rate, sleeping patterns and caloric burn	1
I pay particular attention to my heart rate and sleep patterns	1
I track my VO2 Max, and I also track my heart rate. My food tracker allows me to log my intake of food so I can effectively track my calories.	1
heart rate, sleeping	1
BMI, heart rate, calories, weight	1
Blood Pressure	1

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

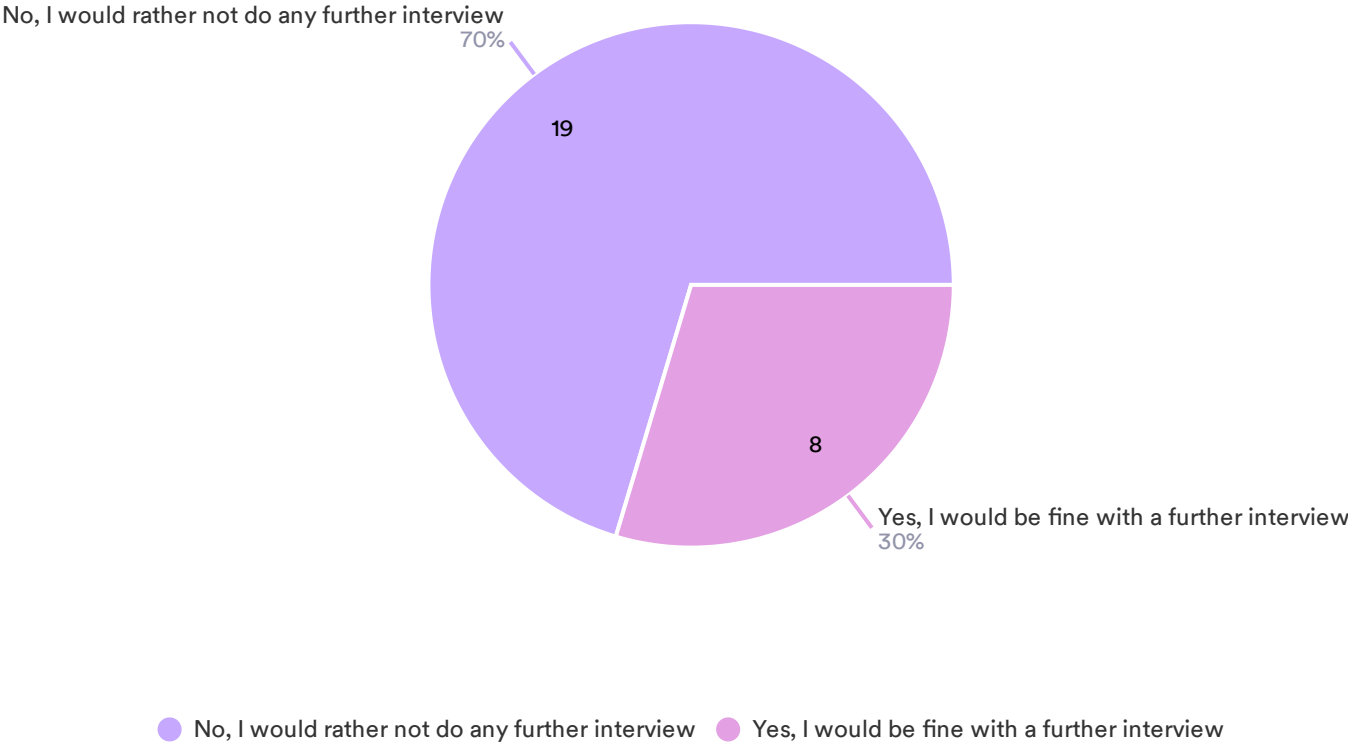
14 Responses- 21 Empty



- I prefer to keep my fitness journey simple and straightforward and so I do not pay attention to health metrics
- I do not trust the accuracy of the metrics and so prefer to not use them
- I have concerns about the privacy of the sensitive data
- I did not know that I could track my health metrics myself
- I focussed on using health metrics in the past but found out that they were incorrect so prefer to not use them
- Economic costs related to this and me being a student means I cannot afford to track metrics at the moment
- I do not believe reducing my personal well-being to data points is helpful

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

27 Responses





Email

8 Responses- 19 Empty

Data	Responses
ahsensajid345@gmail.com	2
kaxayix832@minhlun.com	1
220078012@aston.ac.uk	1
Ismaeel.noor@hotmail.co.uk	1
hadleyarchie@gmail.com	1
ethanpotter0123@gmail.com	1
220081838@aston.ac.uk	1

# Thank You!

Fitness Tracker App Knowledge Elicitation Questionnaire CS2HCI Team 1i