

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?

Under 20?

What is your sex?

Male

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

2

Do you prefer to exercise indoors or outdoors?

Indoors

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

I prefer the general safety of the indoors. I prefer the quiet of the indoors. I have direct access to a restroom, as well as water supplies if I become too thirsty. I am sometimes nervous and/or self-conscious and therefore feel more confident indoors.

What types of physical activities do you enjoy

Walking	Enthusiastically Love to Do:
Jogging	Enthusiastically Love to Do:
Running	Enthusiastically Love to Do:
Cycling	Enthusiastically Love to Do:
Yoga	Never Done It
Swimming	Absolutely Avoid
Team Sports	Absolutely Avoid
Outdoor Hiking or Biking	Enthusiastically Love to Do:
Dancing	Never Done It

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?

Losing weight, building muscle mass, and improving my posture so I can become more confident in public

Do you have a personalised workout plan?

No

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

Weight management focus

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

Low-carb diet

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

Not enough time to make the food

Limited cooking ability

Cultural hurdles when trying to alter food intake

Limited nutritional knowledge

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?

Learning about different exercises

What is or would be your least favourite feature on the progress

Social media integration. I prefer to

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

Losing weight

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

Join new exercise programs

Learn dietary 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?

Yes, I would be fine with a further interview

Email

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