

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?

Outdoors

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

I enjoy the fresh air and the variety that outdoor environments offer for exercise. It feels more liberating and engaging than being confined indoors.

Which of these physical activities do you participate in?

Jogging

Cycling

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?

My current goal is to improve cardiovascular endurance through regular jogging and cycling.

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

How do you prefer to track your fitness progress?

Wearable device(s) (e.g. smartwatch, fitness trackers)

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

A feature that provides insights into the calories burned during different activities.

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

Overly complicated graphs or statistics that are hard to understand.

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

Pair-exercise for accountability

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