

# 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 31-40?

**What is your sex?**

Male

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

4

**Do you prefer to exercise indoors or outdoors?**

Outdoors

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

Outdoor workouts are my go-to choice. The open space, natural surroundings, and the changing environment make my exercise routine more dynamic and enjoyable.

**Which of these physical activities do you participate in?**

Cycling

Yoga

Swimming

**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?**

Maintain overall well-being post-retirement.

**Do you have a personalised workout plan?**

Yes

**Please briefly share the information regarding that personalised workout plan.**

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.

**Do you track your calories?**

Yes

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

2500

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

I would rather not say

**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?**

BMI

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

complexity of the interface and constant notifications

**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 contribute

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

Provide tips

Create new exercise programs

**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.

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

BMI, sleeping patterns, calorific deficit and Vo2 max

**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