

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"

3

Do you prefer to exercise indoors or outdoors?

Indoors

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

It is less weather dependent.

What types of physical activities do you enjoy

Walking	Enjoy To Do
Jogging	Enjoy To Do
Running	Neutral
Cycling	Enjoy To Do
Yoga	Would Rather Not Do
Swimming	Enjoy To Do
Team Sports	Enjoy To Do
Outdoor Hiking or Biking	Neutral
Dancing	Absolutely Avoid

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

Once a week

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

Lower blood pressure.

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?

Balanced nutrient intake ocus

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

2000

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?

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

Lowering BP

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 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?

Blood Pressure

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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