

# 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 21-30?

**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?**

Indoors

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

I don't like going outside

## What types of physical activities do you enjoy

|                          |                              |
|--------------------------|------------------------------|
| Walking                  | Enjoy To Do                  |
| Jogging                  | Neutral                      |
| Running                  | Neutral                      |
| Cycling                  | Enthusiastically Love to Do: |
| Yoga                     | Neutral                      |
| Swimming                 | Enjoy To Do                  |
| Team Sports              | Enthusiastically Love to Do: |
| Outdoor Hiking or Biking | Enthusiastically Love to Do: |
| Dancing                  | Enjoy To Do                  |

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?

To lose weight

Do you have a personalised workout plan?

I would rather not say

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

Weight management focus

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

2500

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

High-protein diet

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

Limited cooking ability

Eating disorders

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

Strength and muscle mass gain

**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

Participate in challenges

**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