

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?

Over 60?

What is your sex?

Female

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 am of an older age now and I would prefer the relative safety of the indoors. Sometimes I need to stop my exercise if my body hurts too much and doing that outdoors isn't much of an option since I still have to walk back home.

Which of these physical activities do you participate in?

Walking

Jogging

Yoga

Dancing

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?

Keeping my endurance levels high. I am of an older age now and so want to keep my health up to avoid the unnecessary health implications of a sedentary lifestyle.

Do you have a personalised workout plan?

Yes

Please briefly share the information regarding that personalised workout plan.

I walk every day for 30 minutes, and I jog once a day for 20 minutes. I meet my friends for Sunday Dance Day where we dance for 45 minutes in a team. Yoga is done every week twice so that I can keep my body fresh and stretched. It also gives me Zen and helps align my chakras.

Do you track your calories?

No

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

Food allergies and/or intolerances

Limited nutritional knowledge

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?

Functional fitness (e.g. flexibility improvement, faster walking, etc.)

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

Join new exercise programs

Join a class

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 prefer to not focus on such metrics

Can you share briefly why you are not interested in tracking health metrics?

I do not trust the accuracy of the metrics and so prefer to not use them

I have concerns about the privacy of the sensitive data

I do not believe reducing my personal well-being to data points is helpful

I prefer to keep my fitness journey simple and straightforward and so I do not pay attention to health metrics

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