

# 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"**

3

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

Indoors

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

Running

Weightlifting

**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

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

No

**Do you track your calories?**

Yes

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

2000

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

Not enough time to make the food

**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?**

Tracking

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

Lack of learning content

**What achievements at this stage of your fitness journey do you see as significant?**

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 gain support and contribute

**You selected "to contribute and to gain support"; what would you most likely contribute and get support in?**

Get motivation and encouragement

**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?**

heart rate, sleeping

**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