

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"

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Do you prefer to exercise indoors or outdoors?

Outdoors

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

Just like the feel or fresh air when I am exercising however this is not too say i dislike exercising indoors

What types of physical activities do you enjoy

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

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?

Improve my physique and general fitness as well as maintaining this

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

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?

Cultural hurdles when trying to alter food intake

How do you prefer to track your fitness progress?

I do not avidly track this i just judge it by how i feel within my body

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

Step counter

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

calorie counter

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

Strength and muscle mass gain

Stamina and systemic cardiovascular endurance

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 and contribute

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

Provide tips

Participate in challenges

Offer dietary tips

Learn dietary tips

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 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?

Yes, I would be fine with a further interview

Email

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