

13/02/2024 13:34:48 18-25	Twice a week	With others	Exercise and nutrition	Yes	Yes	Guides	Time spent exercising	No	On a scale of 1 to 5 how important are motivational prompts and daily reminders?	Do you own a smartwatch or any other wearable fitness technology?
14/02/2024 11:32:41 18-25	Once a week	Individually	Just exercise	No	Yes	Guides	Calories burnt	Yes	2	Yes
14/02/2024 11:34:08 18-25	Three of four times a week	Individually	Just exercise	Yes	No	Tutorials	Time spent exercising	Yes	3	No
14/02/2024 11:42:23 18-25	With others	With others	Exercise and nutrition	Yes	Yes	Exploring the app yourself	Calories burnt	Yes	3	Yes
15/02/2024 15:36:56 18-25	Twice a week	Individually	Just exercise	No	No	Exploring the app yourself	Calories burnt	Yes	1	Yes
15/02/2024 16:12:41 18-25	Twice a week	Individually	Just exercise	Yes	Yes	Tutorials	Time spent exercising	No	3	No
16/02/2024 16:05:18 18-25	Twice a week	Individually	Just exercise	Yes	Yes	Tutorials	Calories burnt	Yes	5	Yes
17/02/2024 22:23:16 18-25	Three of four times a week	Individually	Exercise and nutrition	Yes	No	Exploring the app yourself	Calories burnt	Yes	1	Yes
18/02/2024 16:58:47 18-25	Three of four times a week	Individually	Exercise and nutrition	No	No	Tutorials	Calories burnt	No	5	No
18/02/2024 21:02:37 18-25	Never	Individually	Exercise and nutrition	No	Yes	Guides	Calories burnt	Yes	3	Yes
18/02/2024 22:07:35 18-25	Three of four times a week	With others	Exercise and nutrition	Yes	Yes	Exploring the app yourself	Calories burnt	Yes	2	Yes
18/02/2024 22:09:09 18-25	Three of four times a week	With others	Exercise and nutrition	Yes	Yes	Tutorials	Time spent exercising	Yes	4	Yes
18/02/2024 22:17:36 18-25	Twice a week	With others	Exercise and nutrition	Yes	Yes	Exploring the app yourself	Time spent exercising	Yes	3	No
18/02/2024 22:40:09 18-25	Three of four times a week	With others	Exercise and nutrition	Yes	No	Exploring the app yourself	Calories burnt	Yes	5	No
19/02/2024 00:20:05 18-25	Twice a week	Individually	Exercise and nutrition	Yes	Yes	Tutorials	Calories burnt	Yes	2	Yes
19/02/2024 00:21:35 18-25	Three of four times a week	Individually	Exercise and nutrition	Yes	No	Tutorials	Calories burnt	Yes	2	No
19/02/2024 02:47:30 18-25	More than four times a week	Individually	Exercise and nutrition	Yes	No	Exploring the app yourself	Calories burnt	Yes	3	No
19/02/2024 02:51:14 18-25	Once a week	Individually	Exercise and nutrition	Yes	Yes	Tutorials	Time spent exercising	No	4	No
19/02/2024 02:54:51 18-25	Three of four times a week	Individually	Exercise and nutrition	Yes	No	Tutorials	Time spent exercising	Yes	3	No
19/02/2024 02:58:30 18-25	Three of four times a week	With others	Just exercise	Yes	Yes	Exploring the app yourself	Steps	Yes	3	No
19/02/2024 11:39:02 18-25	Three of four times a week	With others	Exercise and nutrition	Yes	Yes	Tutorials	Distance Travelled	Yes	4	Yes
19/02/2024 11:55:03 18-25	Twice a week	Individually	Exercise and nutrition	No	No	Exploring the app yourself	Calories burnt	Yes	4	Yes
19/02/2024 11:55:17 25-35	Twice a week	With others	Exercise and nutrition	Yes	Yes	Guides	Time spent exercising	Yes	2	Yes
19/02/2024 12:00:05 18-25	Twice a week	Individually	Just exercise	Yes	Yes	Guides	Steps	Yes	4	No
19/02/2024 12:12:03 18-25	Twice a week	With others	Exercise and nutrition	Yes	Yes	Guides	Calories burnt	Yes	3	No
19/02/2024 12:14:10 18-25	More than four times a week	Individually	Exercise and nutrition	No	No	Exploring the app yourself	Steps	Yes	3	Yes
19/02/2024 12:22:13 18-25	Never	Individually	Exercise and nutrition	Yes	Yes	Exploring the app yourself	Calories burnt	No	3	No
19/02/2024 13:05:44 18-25	More than four times a week	Individually	Exercise and nutrition	Yes	Yes	Exploring the app yourself	Distance Travelled	Yes	2	No
19/02/2024 13:23:38 18-25	Twice a week	Individually	Exercise and nutrition	Yes	No	Guides	Time spent exercising	Yes	5	Yes
19/02/2024 14:25:19 18-25	Twice a week	With others	Exercise and nutrition	Yes	Yes	Guides	Time spent exercising	Yes	4	Yes
19/02/2024 14:28:26 18-25	Once a week	With others	Just exercise	Yes	Yes	Tutorials	Distance Travelled	Yes	4	No
19/02/2024 14:31:34 18-25	Never	Individually	Exercise and nutrition	Yes	No	Exploring the app yourself	Calories burnt	No	5	Yes
19/02/2024 17:59:49 18-25	More than four times a week	With others	Exercise and nutrition	Yes	Yes	Tutorials	Calories burnt	Yes	4	Yes
19/02/2024 18:07:52 18-25	Once a week	With others	Exercise and nutrition	Yes	Yes	Tutorials	Calories burnt	Yes	4	No

What age range do you fall under?

Age Range	Percentage
18-25	87.1%
25-35	2.9%

How often do you exercise at the moment?

Frequency	Percentage
Twice a week	39.2%
Once a week	17.3%
Three of four times a week	29.4%
More than four times a week	11.8%
Never	8.8%

Would you rather pursue your goals individually or with others?