estamp What age range do you fall under? 13/02/2024 13:34:48 18-25	How often do you excercise at the moment? Twice a week	Would you rather pursue your goals individually or with others? With others	Are you interested in just exercise or would you also like nutrition advice? Exercise and nutrition	Would you like the app to adjust your fitness plan based on your performance and progres Yes	s? Are interested in connecting with friends or a fitness community within the app? Yes	How do you like to learn about new features? Guides	P How do you like to track your progress Time spent exercising	Are you comfortable optionally sharing information such as age, fitness levels, and goals when using a fitness app?		Do you own a smartwatch or any other wearable fitness technology 4 Yes	iogy?
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 14/02/2024 11:42:23 18-25	Three of four times a week Twice a week	Individually With others	Just exercise Exercise and nutrition	Yes Yee	No Yee	Tutorials Exploring the app yourself	Time spent exercising Calories burnt	Yes Yes		3 No 3 Yes	
15/02/2024 15:36:56 18-25	Twice a week	Individually	Just exercise	Yes	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 16:55:18 18-25 17/02/2024 22:23:16 18-25	Twice a week Three of four times a week	Individually Individually	Just exercise Exercise and nutrition	Yes Yes	Yes No	Tutorials Exploring the app yourself	Calories burnt Calories burnt	Yes Yes	-	5 Yes 1 Yes	
18/02/2024 16:58:47 18-25 18/02/2024 21:02:37 18-25	Three of four times a week	Individually Individually	Exercise and nutrition	No.	No No	Tutorials	Calories burnt	No V.	t t	5 No	
18/02/2024 21:02:37 18-25 18/02/2024 22:07:35 18-25	Never Three of four times a week	Individually With others	Exercise and nutrition  Exercise and nutrition	No Yes	Yes Yes	Guides Exploring the app yourself	Calories burnt Calories burnt	Yes Yes		3 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 18/02/2024 22:40:09 18-25	Twice a week Three of four times a week	With others With others	Exercise and nutrition  Exercise and nutrition	Yes Yes	Yes No	Exploring the app yourself Exploring the app yourself	Time spent exercising Calories burnt	Yes Yes	t t	3 No 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 19/02/2024 02:47:30 18-25	Three of four times a week  More than four times a week	Individually Individually	Exercise and nutrition  Exercise and nutrition	Yes Yes	No No	Tutorials Exploring the app yourself	Calories burnt Calories burnt	Yes Yes	-	2 No 3 No	
19/02/2024 02:51:14 18-25	Once a week	Individually	Exercise and nutrition	Yes	No	Tutorials	Time spent exercising	No	4	4 No	
19/02/2024 02:54:51 18-25 19/02/2024 02:58:30 18-25	Three of four times a week Three of four times a week	Individually With others	Exercise and nutrition  Just exercise	Yes	No Yes	Tutorials Exploring the app yourself	Time spent exercising Steps	Yes Yes	-	3 No 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	4 Yes	
19/02/2024 11:55:03 18-25 19/02/2024 11:55:17 25-35	Twice a week Twice a week	Individually With others	Exercise and nutrition  Exercise and nutrition	Yes Yes	No Yes	Exploring the app yourself Guides	Calories burnt Time spent exercising	Yes Yes		4 Yes 2 Yes	
19/02/2024 12:00:05 18-25	Twice a week	Individually	Just exercise	Yes	Yes	Guides	Steps	Yes	4	4 No	
19/02/2024 12:12:03 18-25 19/02/2024 12:14:10 18-25	Twice a week  More than four times a week	With others Individually	Exercise and nutrition  Exercise and nutrition	Yes Yes	Yes No	Guides Exploring the app yourself	Calories burnt Steps	Yes Yes		3 No 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 19/02/2024 13:23:38 18-25	More than four times a week Twice a week	Individually Individually	Exercise and nutrition Exercise and nutrition	Yes Yes	Yes No	Exploring the app yourself Guides	Distance Travelled Time spent exercising	Yes Yes	-	2 No 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	4 Yes	
19/02/2024 14:28:26 18-25 19/02/2024 14:31:34 18-25	Once a week Never	With others Individually	Just exercise  Exercise and nutrition	Yes Yes	Yes No	Tutorials Exploring the app yourself	Distance Travelled Calories burnt	Yes No		4 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 18:07:32 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?			How often do you excersise at the momer	nt?					1	2	
25-35	-		More than four times a						3	1	
2.9%			11.8%						4 1	0	
			Never						5	5	
			8.8%	Twice a week							
			Three of four times a								
			29.4%	Dono a woods							
	18-25 97.1%			Once a week							
Would you rather pursue your goals in	individually or with others?		Are you interested in just exercise or woul nutrition advice?	d you also like							
			TIGURIOTI GOVICOT								
			Just exercise								
			23.5%								
	With others 41.2%										
Individually 58.8%											
58.8%											
				Exercise and nutrition							
				76.5%							
Would you like the app to adjust your	r fitness plan based on your		Are interested in connecting with friends o	r a fitness community							
performance and progress			within the app?								
No. If all the second s											
			No.								
			38.2%								
				Yes							
				61.8%							
	91.2%										
Are interested in connecting with frien	nds or a fitness community		How do you like to learn about new featur	es?							
within the app?											
				Guides 23.5%							
			Exploring the app								
No 38.2%			38.2%								
Yes 01.9%											
				Tutorials 38.2%							
How do you like to track your progres	SS		Are you comfortable optionally sharing info	ormation such as age,							
Distance Travelled			fitness levels, and goals when using a fitne	ess app?							
Steps	Time count amoricin-			No.							
8.8%	Time spent exercising 29.4%			17.0%							
Calories burnt			Yes 82.4%								
52.9%			Mechan								
On a Scale of 1 to 5, How Important	Are Motivational Promots		Do you own a smartwatch or any other we	earable fitness							
and Daily Reminders?	mouvadona i rompts		technology?	THE PARTY OF THE P							
12 17											
10	10										
8											
6	5		No 47.1%	Yes							
4				52.9%							
2											
2				7							
0 1 2 3											
1 2 3	4 6										