

1 - Let's get to know each other a bit. What's your name?

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Massimo

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Giulia

Maria

Paola

Giuseppe

Greta

Giuseppe

Giuseppe

Elisa

Francesco

Giovanni

Gabriele

Norma

Monica

Sabrina

Giuseppe

Giada

Giulio

Bruno

Armando

Amedeo

Francesca

Alessia

Claudia

Giulia

Luca

Eleonora

Matteo

Arianna

Dimitra

Salvatore

Doriana

Pasquale

Benedetta

Giulia

Matteo

Elia

Felix

Marco

Taraneh

Federico

Riccardo

Luca

Gabriele

Francesco

Giuseppe

Salvatore

Diego

Chiara

Maria

Matteo

Leonardo

Taraneh

Felix

Sebastiano

Alberto

Emanuele

Lorenzo

Francesco

Marco

Emanuela

Emanuele

Mattia

Alessia

Antonio

Francesco

Mariagrazia

Rita

Aldo

Salvatore

Albino

Sergio

Liliana

Francesca

Henri

Marco

Davide

Riccardo

Giovanna

Francesco

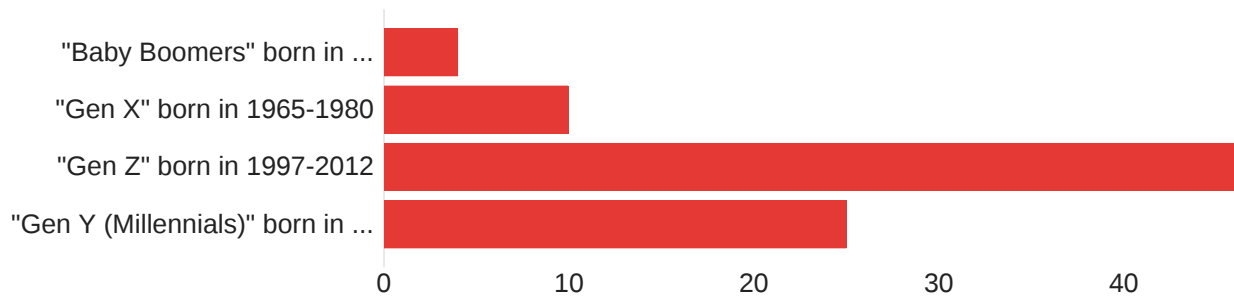
Giovanni

Chiara

Andrea

Luca

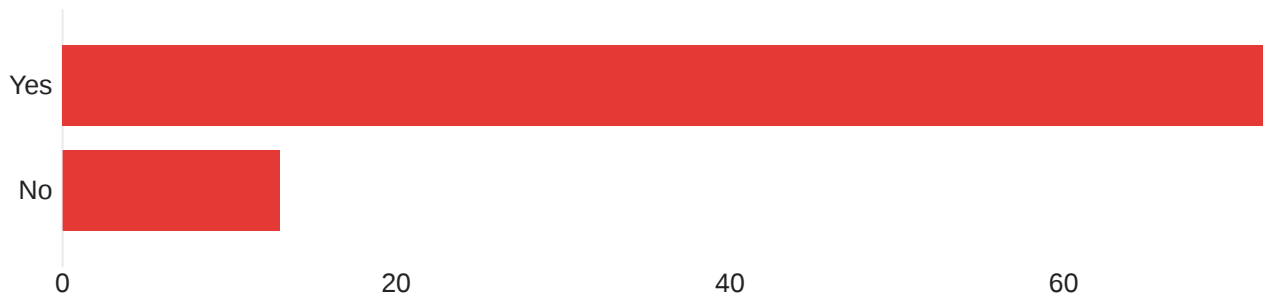
2 - Which generation do you belong to?



Field	Min	Max	Mean	Standard Deviation	Variance	Responses
Which generation do you belong to?	1	4	3	1	1	85

Field	Choice Count
"Baby Boomers" born in 1946-1964	4
"Gen X" born in 1965-1980	10
"Gen Z" born in 1997-2012	46
"Gen Y (Millennials)" born in 1981-1996	25
Total	85

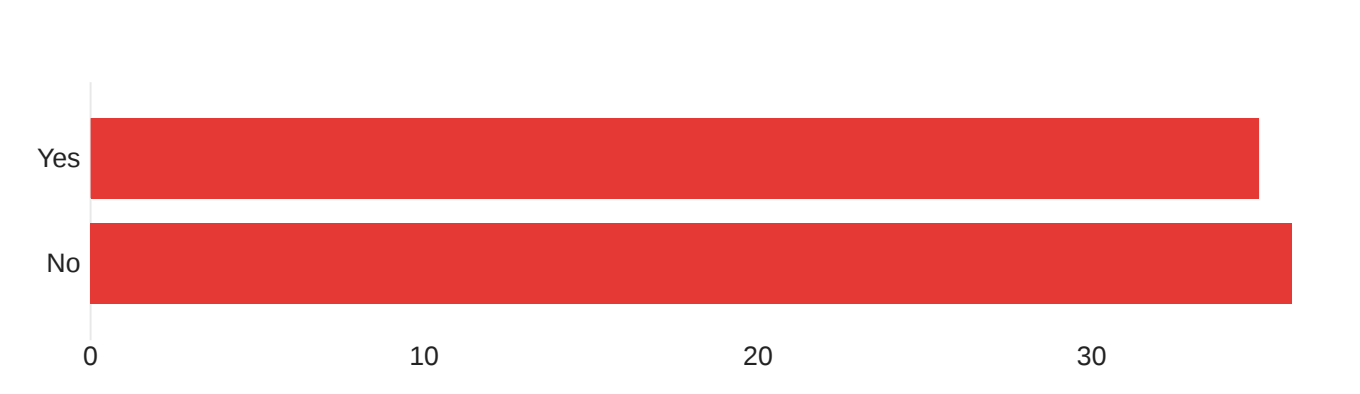
3 - Have you ever attended a gym or fitness center?



Field	Min	Max	Mean	Standard Deviation	Variance	Responses
Have you ever attended a gym or fitness center?	1	2	1	0	0	85

Field	Choice Count
Yes	72
No	13
Total	85

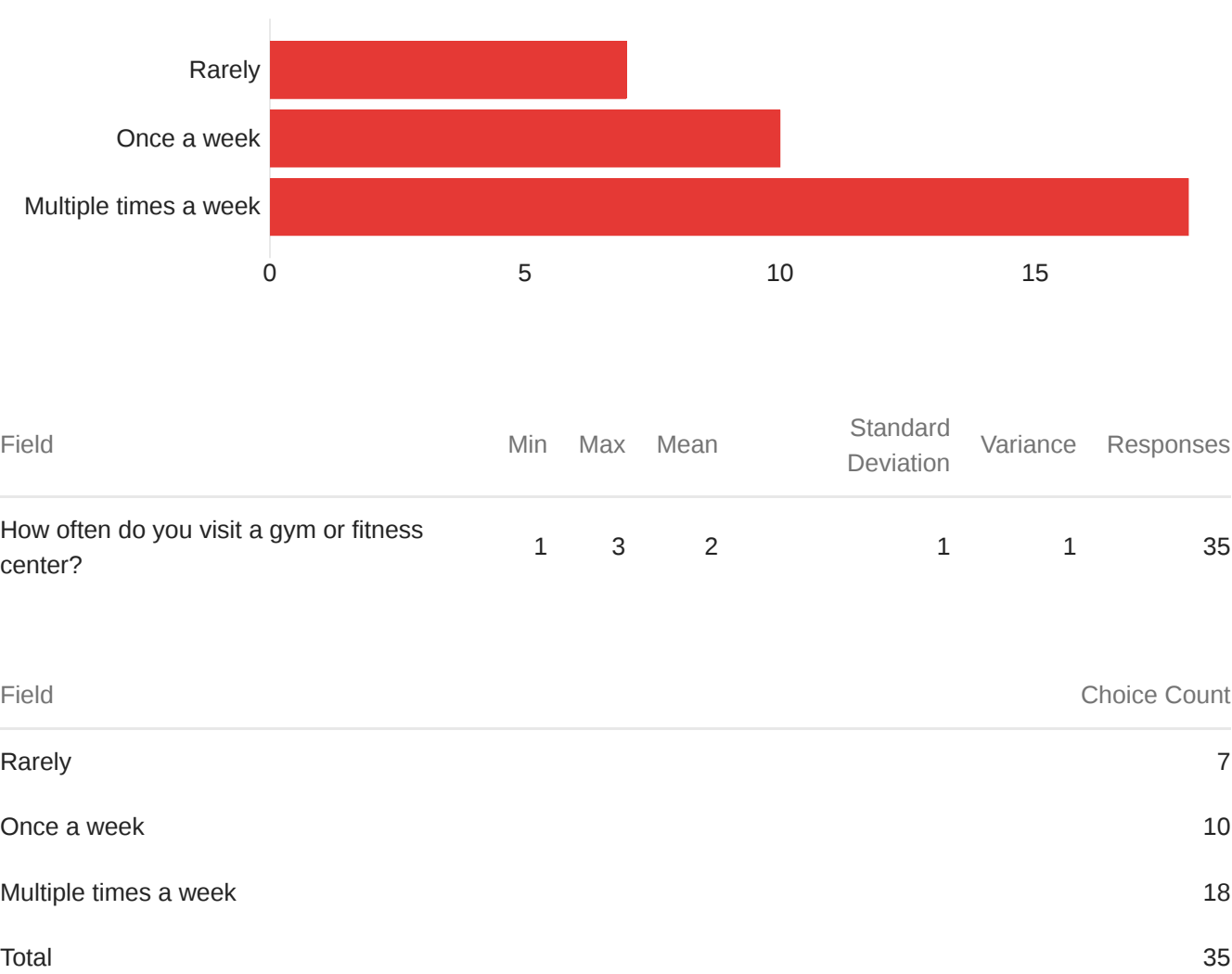
4 - Are you currently a member of a gym?



Field	Min	Max	Mean	Standard Deviation	Variance	Responses
Are you currently a member of a gym?	1	2	2	0	0	71

Field	Choice Count
Yes	35
No	36
Total	71

5 - How often do you visit a gym or fitness center?



6 - Have you ever felt that gym equipment was outdated or not technological at all? ?



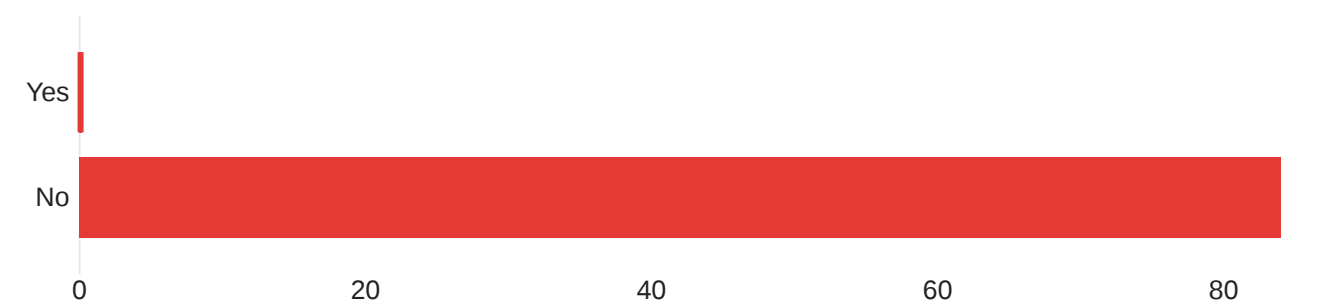
Field	Min	Max	Mean	Standard Deviation	Variance	Responses
Have you ever felt that gym equipment was outdated or not technological at all? ?	1	2	1	0	0	71

Field	Choice Count
Yes	62
No	9
Total	71

7 - What are the main challenges you have encountered in your gym workouts? (Select all relevant options)



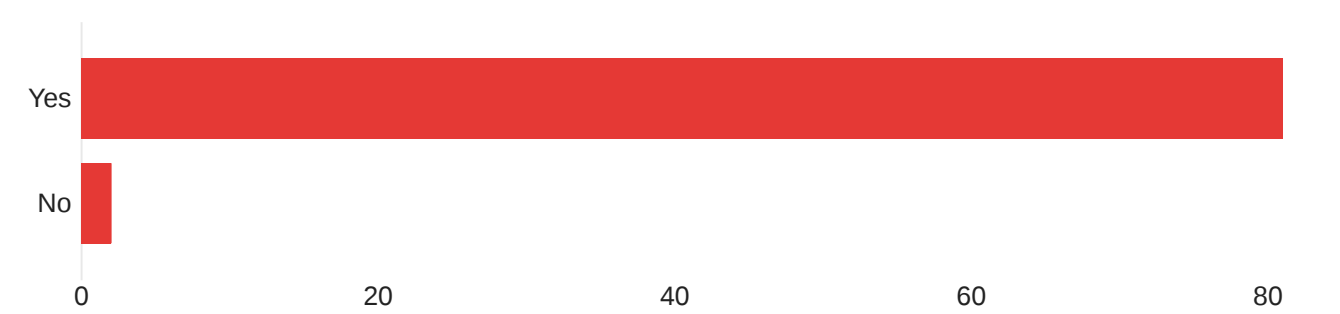
8 - Have you ever heard of FitFlow, the training monitoring and assistance device?



Field	Min	Max	Mean	Standard Deviation	Variance	Responses
Have you ever heard of FitFlow, the training monitoring and assistance device?	2	2	2	0	0	84

Field	Choice Count
Yes	0
No	84
Total	84

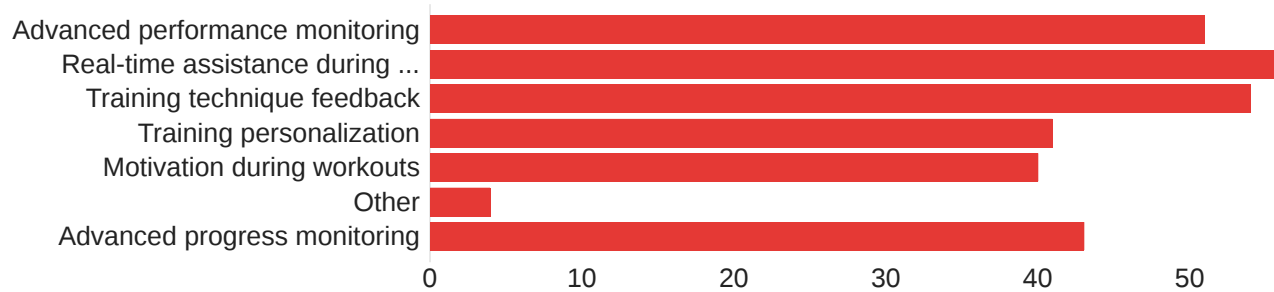
9 - Do you believe that FitFlow could be a solution to the problem of technological obsolescence in gym workouts?



Field	Min	Max	Mean	Standard Deviation	Variance	Responses
Do you believe that FitFlow could be a solution to the problem of technological obsolescence in gym workouts?	4	5	4	0	0	83

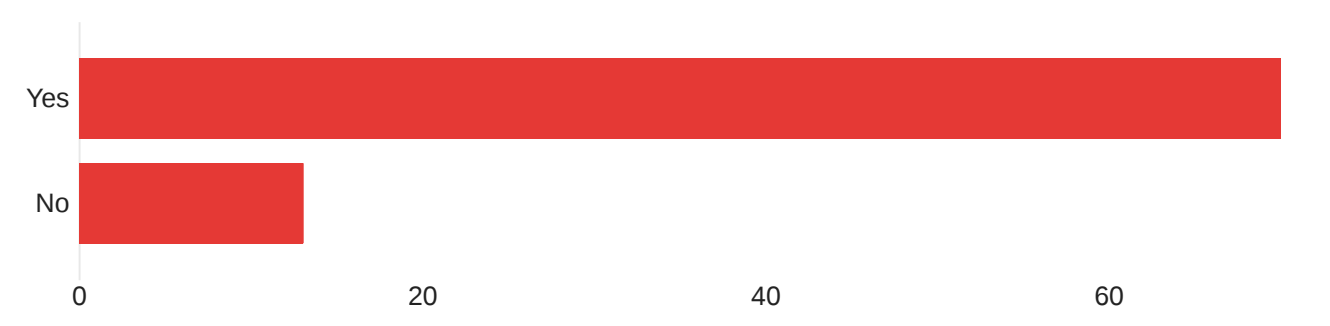
Field	Choice Count
Yes	81
No	2
Total	83

10 - What aspect of FitFlow do you find most interesting or useful?
(Select all relevant options)



Field	Choice Count
Advanced performance monitoring	51
Real-time assistance during workouts	56
Training technique feedback	54
Training personalization	41
Motivation during workouts	40
Other	4
Advanced progress monitoring	43
Total	289

11 - Would you be interested in trying FitFlow to enhance your gym workout experience?



Field	Min	Max	Mean	Standard Deviation	Variance	Responses
Would you be interested in trying FitFlow to enhance your gym workout experience?	1	2	1	0	0	83

Field	Choice Count
Yes	70
No	13
Total	83

12 - Do you have any additional suggestions or comments about FitFlow? Please share them with us!

Do you have any additional suggestions or comments about FitFlow? Please share them with us!

Credo sia una soluzione innovativa. In un futuro più o meno prossimo potrei sperimentarne l'efficacia

Nothing

Is it a wearable device? Share more info.

I do ballet, can I use Fitflow to monitor the execution of a move?

Be very mindful about keeping the UX and UI simple

I didn't get too much how it works

I play basketball, will I improve your product to achieve better results also in this sport?

My own smartwatch already do these stuff

I'm not so good with technology, will it be complicated to use?

Gyms' subscriptions are already expensive. Will your new idea impact on the price?

Is it only for gyms or I can buy my own one

I am used to publish stories or any other social content while training, which kind of data I can see from the app? Are they available in a good looking way such that I can share them in a fashionable way?

As I play in volleyball team, can Fitflow (also in future) be optimised for this sport?

In the future, can fitflow store and analyse also data coming from swimming sessions or even other sports? I practice lot of sports and I suffer in keeping track of my trainings

I suffer of heart disease and so my physical activity must be really tuned on my clinical history. I don't think this solution could fit for me

I don't feel such obsolescence you are mentioning

I like to practice sports at fresh air, does Fitflow fit with it?

Does it make you save time?

I'm looking forward to rehabilitation courses or pilates classes. I'm 60 years old and I need to preserve mobility rather than increase strength

Come funziona nella pratica? Un'immagine sarebbe utilissima a mio avviso