Formative Study Instruments

Fitness Motivation

Yufei Chen - chenyuf8 - ellenyufei.chen@mail.utoronto.ca

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Interview Script

Note: Questions are marked with (red brackets).

Good (morning/afternoon/evening), thanks for sitting down with us (today/tonight).

First things first, I will brief you on the topic of this interview. The purpose of our research is to understand people trying to get more healthy and active, to help us derive requirements for the design of novel interactive computational media that are intended to be useful to people who are seeking motivation to workout. Basically, we are going to design a solution that will hopefully motivate you to get fit, and the purpose of this interview is to figure out what motivates you, our users, to get fit, so that we can incorporate these ideas into our solution.

(1) Before we get to the interview, I need to confirm with you that you have signed the consent form giving consent to today's interview being used for research, and I also need to inform you that this interview will be recorded, are you okay with that?

Great. Please also note that, you can withdraw your consent at any time during the interview, and if you do not feel comfortable answering a question you do not need to. Let's start with some questions about yourself.

(2) Can you tell us your name, age, and occupation?

(3) On a scale from one to five, one being very weak and five being very fit, what is your current fitness level?

(4) Do you want to increase that number?

(5) What is your goal fitness level? Describe what that would look like, in terms of body image, or quantitative information like weight or body fat percentage, or just generally in terms of amount of exercise.

(6) What are you doing right now to get to that stage? This can be a diet, exercising, lifestyle habits, etc.

(7) (If they say they work out) How do you work out? What kind of exercises do you usually do?

(8) How is your chosen method of fitness working out for you?

- (8-1) Do you think it is working?

(9) What do you want to do better in terms of fitness and exercising?

(10) Where do you work out?

- (10-1) Do you need to pay for this?

    - (10-1-1) Are you okay with this cost?

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- (10-2) Would you rather work out somewhere else?
  - (10-2-1) Why?

(11) What do you use to compliment your fitness (apps, devices)?

- (11-1) How long have you been using these things?
- (11-2) What benefits have you noticed from using these things?
- (11-3) What do you feel is lacking from these things?

(12) What is an app/a device that you've heard about, but you have never had the opportunity to try out?

- (12-1) How did you hear about it?
- (12-2) What features of it do you think will benefit you?

(13) Do you work out with other people?

- (13-1) How fit do you think they are?
  - (13-1-1) (If they are a lot fitter) Do you find yourself intimidated by them?

(14) Do you prefer working out by yourself or with others?

(15) Do you do competitions/races?

(16) Do you think companionship/competitiveness helps with your workout?

(17) Do you have trouble finding someone who might want to workout with you?

(18) How would you go about finding a workout buddy?

(19) If you were to design something new to complement your fitness, what would you like it to have?

(20) Do you think you can achieve the goals you set out? Why or why not?

(21) Do you find yourself procrastinating/cheating on your fitness goals often?

- (21-1) How do you combat this?
- (21-2) Why do you think you procrastinate?

(22) Do you find it hard to set out goals in respect to your fitness because you don't have experience with this?

(23) Do you prefer to have a professional guiding you through workouts or do you prefer to go along by yourself?

- (23-1) What kind of guidance from professionals/trainers do you value the most?

(24) Would a social network of fitness friends and accountability from those friends motivate you to workout more?

- (24-1) Do you want to be able to share your workout progress with your existing social group of friends?

- (24-2) Do you want to be able to share your workout progress with a new group of friends, and meet new friends through working out?

(25) Would an XP system and achieving milestones in an app with tangible/intangible rewards motivate you to workout more?

- (25-1) What kind of rewards do you think will benefit you more?

(26) Would an easy system to find compatible workout buddies motivate you to workout more?

- (26-1) What kind of compatibility are you looking for? (Gender, age, music, fitness level, etc)

(27) Would tailored fitness content and guides motivate you to workout more?

- (27-1) What kind of guides are you looking for? (fitness, workout, food, lifestyle, etc.)

(28) Do you have any suggestions for what features would keep you motivated to work out more?

(29) Do you have any final comments or suggestions to add onto the information you have provided us today about our research?

(30) And finally, do you plan on working out today?

       The subjects of the interview will be gathered by looking into a variety of our existing social contacts, as well as any contacts they have that may be interested in providing information for our research.

       After the information from the interviews is obtained, we will group and analyze the data by fitness level, age group, and occupation, in order to gain more insight into the different ways that each group of people motivate themselves by. Each different category of users may want to use a different way to help them gain motivation, and in order to appeal to most people we will need to incorporate many different feature sets into our design.

       The information will also give us insight into the kinds of ways people motivate themselves by, as well as how they perceive the existing devices and solutions that are in place right now. By analyzing the response from the interviews, we will be able to see clearly which features users deem essential and which features user do not particularly like.

       Combining all the information collected from the participants, we can draft up the requirements for our solution much more easily, and accurately according to the real needs of users.

Research Protocol

1. **Project Title**: Interviews of adults seeking motivation to get fit.

2. **Investigators**:

- Yufei Chen (ellenyufei.chen@mail.utoronto.ca)
- Reece Martin (reece.martin@mail.utoronto.ca)
- Louise Xia (louise.xia@mail.utoronto.ca)
- Kyle Haas (kyle.haas@mail.utoronto.ca)
- Manuel Velarde (velarde.mnl@gmail.com)
- Yi Liu (yiinut.liu@mail.utoronto.ca)

3. **Purpose**: The purpose of our research is to understand people trying to get more healthy and active, to help us derive requirements for the design of novel interactive computational media that are intended to be useful to people who are seeking motivation to workout. A brief description of our design concept is: an application designed to motivate people to get healthy and work out more by helping them find workout buddies and giving them incentives to workout.

4. **Process to be followed**: We will brief the participants about the purpose of the study, explain the consent form to them, and ensure that they sign the consent form. We will then engage the participants in a half hour long, semi-structured interview. We will also with their permission make observations as follows: their current fitness level, the apps they currently have on their phone for fitness purposes, and smart watches they are using for fitness reasons

5. **Participant selection:** Participants will be chosen from students and professionals at the University of Toronto, as well as other professionals in our network. They will be identified via an open invitation in school forums and personal networks, and selected according to their need for a product like ours, and their time availability. In general, they will be characterized by age, occupation (income level), amount of leisure time, and personal fitness level.

6. **Relationships**: Our relationship to the participants may be described as follows: no relationship, friends, or family member.

7. **Risk and benefit:** There will be minimal risk to the participants, for example that they feel that they have wasted their time. The only benefit will be to contribute to the education of the investigators. Participants are free to withdraw before or at any time during the study without the need to give any explanation.

8. **Consent details**: We will brief the participants about the purpose of the study, and explain the **attached consent form** to them, and ensure that they consent to participate and sign the consent form.

9. **Compensation**: Participants will receive no compensation.

10. **Information sought:** The information to be sought is described in the attached interview protocol and script.

11. **Confidentiality**: Information will be kept confidential by the investigators. Names or other identifying or identified information will not be kept with the data. The only other use will be to include excerpts or copies in the assignment submitted, but names and other identifying or identified information will not be submitted.

Consent Form: Interviews for Adults Seeking Motivation to Get Fit

I hereby consent to participate in a research study conducted by Yufei Chen, Reece Martin, Louise Xia, Manuel Velarde, and Kyle Haas for an assignment in University of Toronto Computer Science course *CSC318 The Design of Interactive Computational Media.*

I agree to participate in this study the purpose of which is to obtain information and insight into people's needs and wants in novel interactive computational media to help them get fit.

I understand that

- The procedures to be used are a semi-structured half hour long interview.
- I will receive no compensation, but lots of gratitude from the researchers for my participation.
- I am free to withdraw before or any time during the study without the need to give any explanation.
- All materials and results will be kept confidential, and, in particular, that my name and any identifying or identified information will not be associated with the data.

PARTICIPANT

Name (please print)

Signature

Date

INVESTIGATOR(s)

Name   Signature