Dear Participant,

Thank you for participating in our user study on the using the Nao robot for yoga instruction. Your feedback is invaluable in helping us improve the robot's performance and user experience. The purpose of this survey is to gather your thoughts and opinions regarding your interaction with the robot during your guided yoga workout.

Instructions:

Please take a few minutes to complete this questionnaire. We estimate that it will take approximately 10 minutes to finish. Read each question carefully and provide your response by selecting the most appropriate option or writing your response in the space provided. All your responses will be kept confidential and used solely for the purpose of this research. There are no right or wrong answers; we are interested in your honest feedback.

Now, please answer the following questions:

1. How would you rate your overall experience with the yoga-guiding NAO robot? (1 - very poor, 5 - excellent)

2. Did you find the robot's instructions easy to understand? (1 - not at all, 5 - very easy)

3. How helpful was the robot in guiding you through the yoga workout? (1 - not helpful, 5 - very helpful)

4. Did you feel comfortable interacting with the robot during the workout? (1 - not comfortable, 5 - very comfortable)

5. How would you rate the robot's ability to adapt to your skill level or limitations? (1 - poor, 5 - excellent)

6. How well did the robot maintain a suitable pace throughout the workout? (1 - too slow or too fast, 5 - just right)

7. Did the robot provide adequate feedback or corrections during the workout? (1 - not at all, 5 - very much)

8. How would you rate the robot's ability to motivate and engage you during the workout? (1 - poor, 5 - excellent)

9. How likely are you to use this robot-guided yoga workout again? (1 - not likely, 5 - very likely)

10. How likely are you to recommend the robot-guided yoga workout to a friend or family member? (1 - not likely, 5 - very likely)

11. What features or functionalities did you like most about the yoga-guiding Nao robot?

12. What features or functionalities did you dislike or find challenging to use?

13. Do you have any suggestions for improvements or additional features you would like to see in the yoga-guiding robot.

14. Any other comments or feedback regarding your experience with the yoga-guiding Nao robot?