

## CONSENT FORM

### *Training Tracker : Enhancing Workout Progress Monitoring through Visual Analytics*

**Brief Project Outline :** *A software development project focusing on developing a user-friendly app that enables fitness enthusiasts to visually track their workout progress and muscle recovery, thereby enhancing motivation and adherence to fitness goals*

**Do I have to take part? :** *No participation is voluntary*

**Can I withdraw at any time? :** *Yes you can withdraw at any time without giving a reason. However if you wish to withdraw at a later date please note that once the data has been anonymised your data cannot be withdrawn*

**What do I have to do? :**

- *You will be required to enter your data into the application for its use*
- *You will need to use the app to track your workout progress*
- *You will need to provide feedback for the app*

**How will the findings be used? :**

- *The data you enter will be utilised for calculating your muscle status, including the recovery rate*
  - *The feedback you give will be used to update the application*
  - *Any information you provide while participating can be confidentially shown when stating the software development process*
- The feedback you provide will be utilised to update the application*

**Will my taking part in the study be kept confidential? :** *Yes it will be perfectly confidential*

**What are the possible disadvantages and risks of taking part? :** *The information about your muscle status provided in the app might not be entirely accurate, as it can depend on factors beyond those you enter. Instead of placing full trust and reliance on the app, you will need to monitor your condition yourself. Consider using the app as a supplementary tool.*

**What will happen to the data collected? –** *Your personal data will be stored locally on your mobile device and on Google Firebase once you sign up. The data will be destroyed upon account deletion or app removal if you haven't signed up.*

#### HAVE YOU:

- been given information explaining about the study?
- had an opportunity to ask questions and discuss this study?
- received satisfactory answers to all questions you asked?
- received enough information about the study for you to make a decision about your participation?

YES

NO

☐☐☐☐☐☐☐☐

#### DO YOU UNDERSTAND:

That you are free to withdraw from the study and free to withdraw your data prior to final consent

- at any time/ up until the point of anonymisation on 27/04/2024?
- without having to give a reason for withdrawing?

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**I hereby fully and freely consent to my participation in this study**

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name in BLOCK Letters: \_\_\_\_\_