

## Participant Information Sheet

### Project title

Training Tracker : Enhancing Workout Progress Monitoring through Visual Analytics

### Invitation paragraph

I/We would like to invite you to take part in my/our research project. Before you decide whether to participate, I/we would like you to understand why the research is being conducted and what it would involve for you. Talk to others about the study if you wish. Please ask me/us questions if anything is unclear.

### What is the purpose of the project?

It is 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. This project is a part of a dissertation for a BSc degree.

### Why have I been invited to participate?

People downloaded the app during the project period and agree with participation will be able to take part.

### Do I have to take part?

It is up to you to decide whether you wish to participate in the project. I/We will describe the study and go through this information sheet with you before you participate and answer any questions you might have. If you agree to take part, I/we will then ask you to sign a consent form. You are free to withdraw at any time, without giving a reason.

The data collected for this project will be anonymised on April 27, 2024. After this date, it will not be possible to withdraw from the study or request removal of your data from the analysis. This deadline is necessary to ensure the integrity and completion of the research, as withdrawals close to the submission date for my assessed work may pose significant challenges and compromise the validity of the findings. Your participation and the data provided are greatly appreciated, and I assure you that all information will be handled with the utmost confidentiality and used solely for the purpose of this study. If you have any concerns or questions regarding this process, please feel free to discuss them before consenting to participate.

### What will happen to me if I take part and what will 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

### What are the possible disadvantages and risks involved in taking part in the project?

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 are the possible benefits of taking part?

As the app enables fitness enthusiasts to visually track their workout progress and muscle recovery, participants might be able to enhance motivation and adherence to fitness goals.

**Will my participation in this project be kept confidential?**

- 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.
- 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.
- Additionally, all data collected will be anonymised both in terms of storage and usage in any submitted work or publications. Only I, as the researcher, will have access to the raw data until anonymisation, which will be securely stored and utilised solely for the purposes outlined in this study.

**What will happen to the results of the research project?**

Results will be made available to participants, for example, by sending them a copy of the dissertation.

**Who is organising and funding the research?**

University of Bristol - BSc computer science (Faculty of Engineering)

**Who has reviewed the study?**

Give the name and department of your supervisor, or the Faculty Research Ethics Committee if your project has been submitted for full ethical review via the online tool.

**Further information and contact details**

Participants may want further information in relation to the study and may have questions about what they are being asked to do. Your contact details should be included here.

If participants have any concerns related to your participation in this study, please direct them to the Research Governance Team: [research-governance@bristol.ac.uk](mailto:research-governance@bristol.ac.uk)