

IE418 : UX Design for Mobile Applications

Questionnaire



Group 11

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1. **Which type of exercise do you prefer?**
 - a) Cardio (Running)
 - b) Strength training
 - c) Yoga

2. **How much time do you spend exercising per week on average?**
 - a) Less than 1 hour
 - b) 1–3 hours
 - c) 3–5 hours
 - d) 5–7 hours
 - e) More than 7 hours

3. **What challenges do you face in maintaining a consistent workout routine?**
 - a) Lack of time
 - b) Lack of motivation
 - c) Lack of planning
 - d) No access to proper guidance
 - e) No visible progress

4. **What is your primary goal with your diet?**
 - a) Weight loss
 - b) Muscle gain
 - c) Improve energy levels
 - d) Manage a health condition

5. **What type of diet do you currently follow?**
 - a) Vegetarian
 - b) Vegan
 - c) Non-vegetarian
 - d) Keto/Low-carb
 - e) Other (Please specify)

6. **Do you track your calorie and nutrition intake?**
 - a) Yes, regularly
 - b) Sometimes
 - c) No, but I want to start
 - d) No, and I'm not interested

7. **What difficulties do you face in following a diet plan?**
- a) Lack of personalized options
 - b) Difficulty tracking meals
 - c) Budget constraints
 - d) Lack of advice
8. **What is your biggest obstacle in tracking your health progress?**
- a) Forgetting to track
 - b) Not understanding the data
 - c) Lack of reliable tools
 - d) No clear goals
9. **What support do you need to stick to your health goals?**
- a) A personal coach
 - b) A supportive community
 - c) Regular feedback and progress reports
 - d) Motivation and encouragement