

**Notes from the study:**

Actively tests the system, is less focused on actually watching the content

This also means that the participant notices the manual change in intensity

Acknowledges that they do not push themselves very hard

Not familiar with the machines, so they are unsure of how to operate them.

Forgets intensity when it is not forced like on treadmill

General note: Adaptive should be slightly bigger (change size only slightly)

Treadmill, static (first exercise and method):

Maybe would prefer music, but this was better than nothing

Treadmill, phone:

Bad angle

Treadmill, adaptive:

The part where it got smaller was bad, otherwise better than mode 1(static)

(Generally, dislikes the size changes)

Elliptical, phone:

Would rather look ahead than down at video

Row, adaptive:

Did not notice adaptive changed size

**Q: Now that you have experienced the three viewing modes on all machines, what is your overall ranking?**

A: The [adaptive mode] because as you move it moves with you, so you could see it all instead of the others that did not. It is much better than the [phone mode] and slightly better than the [static mode].

**Q: And does that hold true for all the machines?**

A: Definitely on the rowing machine. On the treadmill I might prefer the static screen because the [adaptive mode] got very small, but that might also be because I did not exert myself all that much.

**Q: What did you think of the content selection? Did the content you picked have a notable influence on your enjoyment?**

A: It made it more fun [to exercise] since I watched something funny. It was fine that there were no subtitles, as when running you might not even be able to read the subtitles. So, it was also nice that it was auditory as well.

**Q: Please explain your viewing mode preferences on the different machines. What made a viewing mode work on one machine over another?**

A: The [phone mode] is useless on all machines. The adaptive is more noticeable on the rowing machine as you move more back and forth. On the treadmill I preferred the static screen. On elliptical, I guess the [adaptive mode], but I could also accept the [static mode].

**Q: Describe the effect that having the video had on your workout. How did it differ between viewing modes?**

A: On my overall workout, it had a positive effect. With the phone screen it sometimes became more of a negative effect, so I might have preferred not having it on high intensity.

**Q: What makes a good viewing experience for you when doing cardio?**

A: The video should fit what I am doing and where I am. I do not want to feel that I have to keep my head still or look down. My posture and form should feel natural as though I was not watching anything.

**Q: Anything that could improve the modes you experienced today?**

A: On the treadmill I felt that the adaptive screen got too small. If it instead scaled with how exerted you are in actuality, so it follows that seamlessly.