INTERVIEWS

Response – 1

I use fitness apps to track my amount of calories burnt daily and set up goals in weekly so that I do not miss them. I am hydrated time to time by getting notifications in app to drink water in particular time, but misses few times.

Initially I used tapping gesture and when my friend using swiping gesture, I found it well and used to swiping, its really good compared to tapping.

I would like to know, how much amount of oxygen taking in while doing an exercise, waking, running and swimming. If u can add these features it would be helpful.

When I see my father and brother who keeps their body, healthy and fit till date, I decided to join with them and maintain fitness.

I do not think any feature cannot motivates us until u have a desire in you.

Heart rate monitoring, water assistance, calorie burn estimation, step counting, distance measuring, sleep tracking.

Noisefit

Daily

Water consumption, goals reminders, health status weekly report.

Charts

some features or premium services within the app may require a subscription, It's essential for fitness tracker apps to have robust privacy policies and security measures to protect sensitive information.

Personalized Coaching, Customized Workouts and Community Features

Goal Setting and Tracking, Personalized Recommendations, Variety in Workouts, Community Engagement, Gamification Elements, Real-time Feedback, Push Notifications and Reminders.

smartphone

Response – 2

By using fitness app and smartwatch.

I like swiping.

To measure Water consumption and food calories.

Waking

I need notifications like type of workout I need to do everyday

Heart rate monitoring, pulse , dehydration updates, steps counting.

Impact app

Daily

Dehydration, steps counting

Charts

Battery consumption should be less and it should charge fast, good looking

Dehydration, daily workout notifications

To track my health condition

Smartphone.

Response - 3

How do you currently track or manage your fitness and health activities?

Currently, I track my fitness and health activities through a fitness tracker app.

When interacting with a fitness tracker app, do you prefer using gestures like swiping. tapping, or a combination of both?

When interacting with a fitness tracker app, I prefer using a combination of gestures like swiping and tapping for ease of navigation and interaction.

Are there specific features you would like to see in a fitness tracker app?

Personalized goal setting, customizable workout plans, and integration with nutrition tracking.

What motivates you to stay active and maintain a healthy lifestyle?

to stay active and maintain a healthy lifestyle.

Are there any specific features that you believe would enhance your motivation?

progress tracking, rewards or incentives for meeting goals.

What features do you appreciate in other health or fitness apps?

intuitive navigation, comprehensive data analysis, and a visually appealing interface.

Is there a particular app design or layout that you find user-friendly?

A user-friendly app design with clear sections for different functionalities and customizable settings is preferable.

How often would you like to receive notifications from a fitness tracker app?

Daily notification seems to be more useful and practical.

What types of notifications would be most helpful to you?

BIP, BIP, BIP notification :).

How would you prefer to visualize your fitness and health data (charts, graphs, etc.)?

A simple and colourful graph.

Are there any potential barriers or challenges you predict in using a fitness tracker app?

I have no idea and prediction.

What features would encourage you to use the app consistently over time?

simplicity.

How can an app keep you engaged in your fitness journey?

with gamification elements.

Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

Smart phone is my preference.

Response – 4

How do you currently track or manage your fitness and health activities?

I track my fitness activities with an application on my phone

When interacting with a fitness tracker app, do you prefer using gestures like swiping. tapping, or a combination of both?

Combination of both

Are there specific features you would like to see in a fitness tracker app?

I prefer a fitness tracker app that offers customizable workouts or personalized workout plans, along with sleep tracking features.

What motivates you to stay active and maintain a healthy lifestyle?

Maintaining a healthy lifestyle would help me reduce the risk of diseases such as obesity or certain heart condition.

Are there any specific features that you believe would enhance your motivation?

I think if I could share my progress with my friends that would enhance my motivation.

What features do you appreciate in other health or fitness apps?

Monitoring steps or heart rate I would like to see on the fitness app.

Is there a particular app design or layout that you find user-friendly?

Keeping simplicity in the design of an application would help customers like me find it user-friendly.

How often would you like to receive notifications from a fitness tracker app?

Once a day would be good for me.

What types of notifications would be most helpful to you?

In app notifications

How would you prefer to visualize your fitness and health data (charts, graphs, etc.)?

I prefer simple charts which are understandable for everyone.

Are there any potential barriers or challenges you predict in using a fitness tracker app?

Some applications may need subscription which might be expensive and make me unwell to use that app.

What features would encourage you to use the app consistently over time?

I think sending daily notifications would be helpful to be connected with application

How can an app keep you engaged in your fitness journey?

Finding some people that are in the same journey.

Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

Smart phone would be better.

Response – 5

1. I prefer to use applications like Apple Fitness and Health app
2. Combination of both
3. Voice commands may be cool because it is so easier than touching or …
4. Actually, being in excellent shape and having good health conditions motivates me to care about fitness.
5. If applications or wearable gadgets remind me to be active more by sending notifications and sending more helpful information.
6. Sharing our performance with other people in the community. It's motivation to do our best among others.
7. As I mentioned before, I really like Apple's fitness app. It is very user-friendly due to its UI and much information like graphs and charts.
8. Everyday
9. The notifications that remind me of the benefits of fitness and health problems that I might be facing if we ignore exercises and …
10. Actually, charts and graphs are both cool, so I like these rather than simple data. It might be so eye-catching.
11. Actually, some of them need a subscription, so maybe if they were free, more people could use them.
12. To be honest, for me, the UI of the application is so important it must encourage me to check it every day.
13. By giving helpful information about my interest fields, for example, suggest new moves in the gym.
14. In my opinion, smartphones, smartwatches, and smart bands are so good for tracking.

Response - 6

1. I track my fitness activities with apple watch.

2. A combination of both.

3. Categorize my activities to week and month and shows how close i am to my goal.

4. When I am close to my target.

5. I do not think so.

6. When you can count your daily calories through them.

7. Nope.

8. 3times a week.

9. SMS.

10. Graphs.

11. Nope.

12. Simplicity and user friendly features.

13. Send notification every day and show how much progress I have.

14. I prefer smart watch.

Response - 7

Interviewer: Thank you for agreeing to participate in this interview. Let's start by talking about how you currently track or manage your fitness and health activities.

Participant: Sure, I mostly rely on a fitness tracker app on my smartphone to keep track of my workouts, steps, and calorie intake.

Interviewer: When interacting with a fitness tracker app, do you prefer using gestures like swiping, tapping, or a combination of both?

Participant: Uh…. probably a combination of both swiping and tapping. Swiping is convenient for like navigating through different sections and tapping works well for selecting specific options or activities.

Interviewer: Are there specific features you would like to see in a fitness tracker app?

Participant: It would be great to have more personalised recommendations based on my fitness goals and progress. Also, being able to like, integrate with other apps or devices I use, like my smartwatch or nutrition tracker, would be helpful too.

Interviewer: What motivates you to stay active and maintain a healthy lifestyle?

Participant: Feeling good both physically and mentally is a big motivator for me. Setting goals and seeing progress as I like, achieve them keeps me motivated as well.

Interviewer: Are there any specific features that you believe would enhance your motivation?

Participant: I think having challenges or competitions with friends who also use the app would be fun and motivating. So, like, creating some friendly competition between family or friends. Also, regular reminders and encouragement to stay active would be helpful.

Interviewer: What features do you appreciate in other health or fitness apps?

Participant: I like apps that provide some detailed data analysis and insights into my health and fitness progress. So, I can easily see how much progress I've made and in what timeframe.

Customisable workout plans and easy-to-follow tutorials are also good features for me and would probably make me stay on the app longer.

Interviewer: Is there a particular app design or layout that you find user-friendly?

Participant: I prefer something clean with easy navigation. So like, a dashboard or something that displays all the key information at a glance. And then everything else should be easy to get with a few touches or swipes or whatever.

Interviewer: How often would you like to receive notifications from a fitness tracker app?

Participant: I think receiving notifications a few times a day, especially to remind me to move or drink water, would be alright. I don't want to be constantly getting notifications either.

Interviewer: What types of notifications would be most helpful to you?

Participant: Reminders to stay active, updates on my progress towards goals, and alerts for upcoming challenges or events would be helpful. Stuff like that.

Interviewer: How would you prefer to visualize your fitness and health data? With charts or graphs for example?

Participant: Yeah, because like, charts and graphs make it easy to understand trends and patterns in my data because you can see it visually. Also, interactive features for exploring my data in more detail would be a good bonus feature too.

Interviewer: Are there any potential barriers or challenges you predict in using a fitness tracker app?

Participant: I dunno. Maybe if you're using some form of data tracking, especially for activities like weightlifting or cycling, it could be hard to measure them 100% accurately.

Interviewer: What features would encourage you to use the app consistently over time?

Participant: Personalised insights and recommendations, as well as a supportive community or social features, would encourage me to use the app consistently. Regular updates with new features and content would also keep me engaged. As long as they're useful obviously.

Interviewer: How can an app keep you engaged in your fitness journey?

Participant: Providing a variety of workouts and challenges to keep things interesting, as well as offering rewards or incentives for reaching milestones, would keep me engaged in my fitness journey. And having a good display would obviously make me enjoy looking at the app and then I'd use it more too.

Interviewer: Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

Participant: I primarily use my smartphone, but I also like the convenience of syncing with a smartwatch for activity tracking on the go. I'm thinking about buying one of those in the future.

Interviewer: OK, I think that's it! Thank you for sharing your insights and preferences. Your feedback will be valuable in our project.

Response – 8

1. How do you currently track or manage your fitness and health activities?

Don't tend to track, uses scales that are used 3 – 4 times a week, info on BMI, metabolic age, protein levels, weight

2. When interacting with a fitness tracker app, do you prefer using gestures like swiping, tapping, or a combination of both?

tapping

3. Are there specific features you would like to see in a fitness tracker app?

Monitor activity levels and sleep

4. What motivates you to stay active and maintain a healthy lifestyle?

Keep looking fit, good mental health, promote football activities

5. Are there any specific features that you believe would enhance your motivation?

Motivated by displaying low stats

6. What features do you appreciate in other health or fitness apps?

Present information in a concise way

7. Is there a particular app design or layout that you find user-friendly?

Heads-up display is attractive; Renpho

8. How often would you like to receive notifications from a fitness tracker app?

No notifications

9. What types of notifications would be most helpful to you?

In app notifications

10. How would you prefer to visualize your fitness and health data (charts, graphs, etc.)?

Minimalistic, a summary of all data available at a glance

11. Are there any potential barriers or challenges you predict in using a fitness tracker app?

Don't like wearing devices, don't like displaying the heart rate

12. What features would encourage you to use the app consistently over time?

The app won't motivate, you have to motivate yourself

13. How can an app keep you engaged in your fitness journey?

Accurate data

14. Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

Smartphone, because don't like wearable devices

Response – 9

1. How do you currently track or manage your fitness and health activities?

Don't keep track, Have a personal trainer

2. When interacting with a fitness tracker app, do you prefer using gestures like swiping, tapping, or a combination of both?

Used to tapping

3. Are there specific features you would like to see in a fitness tracker app?

Calorie count. Being able to scan items like food item to upload information. Being able to divide into meals. Identify food products via the camera. A button and shows pre-saved meals. Save recipes. A list of meal items from previously eaten meals, with the most frequently eaten appearing first.

4. What motivates you to stay active and maintain a healthy lifestyle?

Changes in physique, feeling healthier

5. Are there any specific features that you believe would enhance your motivation?

If the app where to set milestones, showing progress.

6. What features do you appreciate in other health or fitness apps?

Fitness pal, Nutra check, being able to view calorie intake and requirements

7. Is there a particular app design or layout that you find user-friendly?

Nutra check.

8. How often would you like to receive notifications from a fitness tracker app?

Not too much, don't want notifications.

9. What types of notifications would be most helpful to you?

Widgets

10. How would you prefer to visualize your fitness and health data (charts, graphs, etc.)?

Bar charts

11. Are there any potential barriers or challenges you predict in using a fitness tracker app?

Inputting activities

12. What features would encourage you to use the app consistently over time?

Ease of use, quick and intelligent.

13. How can an app keep you engaged in your fitness journey?

Showing before and after pics, showing working rate

14. Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

Smartphone.

Response – 10

How do you currently track or manage your fitness and health activities?

- I don't track my fitness activities

When interacting with a fitness tracker app, do you prefer using gestures like swiping, tapping, or a combination of both?

- tapping

Are there specific features you would like to see in a fitness tracker app?

- New exercises each day

What motivates you to stay active and maintain a healthy lifestyle?

- To look good and be healthy

Are there any specific features that you believe would enhance your motivation?

- Motivational podcasts

What features do you appreciate in other health or fitness apps?

- Nothings as such

Is there a particular app design or layout that you find user-friendly?

- Trainline

How often would you like to receive notifications from a fitness tracker app?

- Once in a week

What types of notifications would be most helpful to you?

- Your weekly progress

How would you prefer to visualize your fitness and health data (charts, graphs, etc.)?

- Graphs

Are there any potential barriers or challenges you predict in using a fitness tracker app?

- Adds while exercising are annoying

What features would encourage you to use the app consistently over time?

- Points, Rewards

How can an app keep you engaged in your fitness journey?

- Keep a good track of our diet, health, fitness etc.

Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

- Smartphone and Smartwatch connected.

Response – 11

How do you currently track or manage your fitness and health activities?

- I use apple fitness app

When interacting with a fitness tracker app, do you prefer using gestures like swiping, tapping, or a combination of both?

- Combination of both

Are there specific features you would like to see in a fitness tracker app?

- Helping guide for exercises

What motivates you to stay active and maintain a healthy lifestyle?

- For maintaining a good physique

Are there any specific features that you believe would enhance your motivation?

- Setting goals

What features do you appreciate in other health or fitness apps?

- Sleep tracking in Fitbit app

Is there a particular app design or layout that you find user-friendly?

- Apple fitness app

How often would you like to receive notifications from a fitness tracker app?

- Every 6 hrs to show the progress of my goals

What types of notifications would be most helpful to you?

- Notifications giving info about how many calories I have burnt till now

How would you prefer to visualize your fitness and health data (charts, graphs, etc.)?

- Graphs

Are there any potential barriers or challenges you predict in using a fitness tracker app?

- Accessing premium content like exercise videos for free.

What features would encourage you to use the app consistently over time?

- Rewards on achieving goals, like offers on collaborative brands.

How can an app keep you engaged in your fitness journey?

- It can keep me motivated by notifying me with motivational quotes.

Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

- Smartphone and smartwatch

Response – 12

How do you currently track or manage your fitness and health activities?

- Using smartwatch and apps like stepsgo and apple fitness

When interacting with a fitness tracker app, do you prefer using gestures like swiping, tapping, or a combination of both?

- swiping

Are there specific features you would like to see in a fitness tracker app?

- Personalised diet

What motivates you to stay active and maintain a healthy lifestyle?

- To uplift my personality and to gain confidence.

Are there any specific features that you believe would enhance your motivation?

- Track the amount of calories for the whole day

What features do you appreciate in other health or fitness apps?

- Givings in app awards like medals, points etc.

Is there a particular app design or layout that you find user-friendly?

- 24hr health monitoring and sleep monitoring in apple fitness

How often would you like to receive notifications from a fitness tracker app?

- In between busy schedule reminding me to stay hydrated

What types of notifications would be most helpful to you?

- Reminders to drink water.

How would you prefer to visualize your fitness and health data (charts, graphs, etc.)?

- Progress ring or bar

Are there any potential barriers or challenges you predict in using a fitness tracker app?

- Popping up unwanted adds

What features would encourage you to use the app consistently over time?

- Rewards

How can an app keep you engaged in your fitness journey?

- Through giving me continues notifications

Do you prefer a specific type of device (smartphone, smartwatch, etc.) to use the fitness tracker app?

- Smartwatch

Response - 13

Audio file- Age 22

00:00:02 Speaker 2

Hello. H

00:00:04 Speaker 2

I'm just going to ask you a couple of questions.

00:00:07 Speaker 2

Thank you.

00:00:09 Speaker 2

How do you currently track or manage your fitness and health activities?

00:00:15 Speaker 3

At the moment I don't really track it.

00:00:19 Speaker 2

OK, when interacting with the fitness tracker app, do you prefer swiping, tapping or a company or a combination of both.

00:00:30 Speaker 3

I would prefer swiping. That's a lot more convenient.

00:00:36 Speaker 2

Are there specific features you would like to see in a fitness tracker app?

00:00:42 Speaker 3

Yes, I would like to see something like a heart rate tracker and just an a way to overall track of how many days you've been exercising.

00:00:54 Speaker 2

What motivates you to stay active or maintain a healthy lifestyle?

00:00:59 Speaker 3

If the activities are fun, for example, if it's football, you can play with friends that that really motivates me.

00:01:10 Speaker 2

Are there any specific features that you would that you believe would enhance your motivation?

00:01:16 Speaker 3

If there was a lot of competition involved, for example, you can compare with friends or colleagues, that would definitely be motivating.

00:01:24 Speaker 2

What features do you appreciate in other health or fitness apps?

00:01:29 Speaker 3

The heart rate tracker is always a good one and apps that for example, when you go to the gym it tells you which days you've been, so you can just track it over like a month and see how productive you are.

00:01:42 Speaker 2

Are there particular app design or layout that you find user friendly.

00:01:49 Speaker 3

The ones that have similar interfaces to like your phone, where you can just swipe through the pages and it's a lot easier to use.

00:01:57 Speaker 2

How often would you like to receive notifications from a fitness tracker app?

00:02:02 Speaker 3

I would say maybe once in the morning and once in the evening just so you can see how well you've done.

00:02:09 Speaker 2

What types of motivation, what type of notifications would be most helpful to you?

00:02:15 Speaker 3

Usually I prefer the push notifications.

00:02:23 Speaker 2

How would you prefer to visualise your fitness and data and health data? For example, charts, graphs.

00:02:31 Speaker 3

I'm a big fan of graphs or even charts, either ones good enough for me.

00:02:38 Speaker 2

Are there any potential barriers or challenges you predict use in using a fitness tracker app?

00:02:45 Speaker 3

It depends on how difficult it is to use. If it's relatively easy, then I'd use it maybe once every day or every two days. But if it's difficult, I'd use it very rarely.

00:02:56 Speaker 2

What features would you encourage to would encourage you to use the app consistently over time?

00:03:02 Speaker 3

And ease is definitely a good one. If there's competition or maybe even rewards, and that's something that would make you want to check in every.

00:03:10 Speaker 2

how can an app keep you engaged in your fitness journey?

00:03:16 Speaker 3

If it helps, monitor your goals so you set a goal and then every single day, maybe you can check in with someone. You can, you know, punch in the app that you've completed the exercise.

00:03:26 Speaker 2

Do you prefer specific type of device, for example smartphone or smart watch to use the fitness tracker app.

00:03:36 Speaker 3

I mean usually, I mean, everyone's got a smartphone, everyone uses smartphones, but I've recently purchased the Smart Watch app, so I think that's something I'd like to see it on.

Response – 14

Audio file- Age 26

00:00:03 Speaker 1

I'm just going to ask you a couple of questions, OK.

00:00:06 Speaker 2

OK.

00:00:08 Speaker 1

How do you currently track or manage your fitness and health activities?

00:00:14 Speaker 2

I use the. I'm mostly use the Health app on the iPhone.

00:00:22 Speaker 1

When interacting with a fitness app, do you prefer using gestures like swiping, tapping, or a combination of both? A combination of both.

00:00:33 Speaker 1

Are there specific features you would like to see in a fitness tracker app?

00:00:39 Speaker 2

I think the most important thing for me is someone demonstrating the skill and then I'll watch it and then proceed with it.

00:00:50 Speaker 1

What motivates you to stay active and maintain a healthy lifestyle?

00:00:56 Speaker 2

Just life in general.

00:00:59 Speaker 1

Are there any specific features that you believe would enhance your motivation?

No, not really.

00:01:15 Speaker 1

What features do you appreciate in other health fitness apps?

00:01:21 Speaker 2

Steps counting on other health fitness apps.

00:01:27 Speaker 1

OK. Is there a particular desire app design or layout you find user friendly?

00:01:35 Speaker 1

No. How often would you like to receive notifications from the fitness tracker app?

00:01:42 Speaker 2

Twice a week.

00:01:46 Speaker 1

What types of notification would be most helpful to you?

00:01:53 Speaker 1

For example weight loss, how much weight you've lost, how much calories you've done, What my next steps are going to be?

00:02:11 Speaker 1

Thank you. How would you prefer to visualise your fitness and health data?

00:02:16 Speaker 1

For example, graphs, charts. As long as it's number based.

00:02:25 Speaker 1

Are there any potential barriers or challenges you predict in using a fitness tracker app?

00:02:33 Speaker 1

Subscriptions
        00:02:42 Speaker 1

What features would encourage you to use the app consistently over time?

00:02:53 Speaker 2

Images, music, entertainment.

00:03:02 Speaker 2

Having things in the app that would benefit me that I like that will continue encouraging me.

00:03:08 Speaker 1

How can an app keep you engaged in your fitness journey?

00:03:14 Speaker 2

music.

00:03:26 Speaker 1

Do you prefer a specific type of device? For example smartphones smart watch to use your fitness tracker app.

00:03:33 Speaker 2

I think for me it's more of the smartphones, iPhone for example.

00:03:38 Speaker 1

Thank you for taking this interview.

Response - 15

Audio file- Age 20

00:00:01 Speaker 1

Hello.

00:00:04 Speaker 1

How do you currently track or manage your fitness and health activities?

00:00:10 Speaker 2

How? through an app in my phone.

00:00:15 Speaker 1

When interacting with fitness with a fitness tracker app, do you prefer using gestures like swiping, tapping or combination of both?

00:00:24 Speaker 2

Combination of both.

00:00:26 Speaker 1

Are there specific features you would like to see in the fitness tracker app?

00:00:36 Speaker 1

Steps calorie counting

00:00:39 Speaker 1

What motivates you to stay active and maintain a healthy lifestyle?

00:00:43 Speaker 2

Weight loss being skinny.

00:00:51 Speaker 1

Are there any specific features that you believe would enhance your motivation?

00:00:58 Speaker 2

Publish images of like your goal.

00:01:04 Speaker 1

What features do you appreciate in other health or fitness apps?

00:01:12 Speaker 2

Exercise is example of exercises you can do.

00:01:17 Speaker 1

Is there a particular design or layout that you find user friendly.

00:01:23 Speaker 2

No

00:01:26 Speaker 1

How often would you like to receive notifications from your fitness tracker app?
    Daily.

00:01:33 Speaker 1

What types of notification would be most helpful to you?

00:01:39 Speaker 2

Keep moving and target notifications

00:01:46 Speaker 1

How would you prefer to visualise your fitness and health data? For example, charts, graphs. How would you like?

00:01:55 Speaker 1

To graphs.

00:01:59 Speaker 1

Are there any potential barriers or challenges you predict in using the fitness tracker app?

00:02:05 Speaker 2

You never know if it's really accurate.

00:02:08 Speaker 1

What features would you encourage would encourage you to use the app consistently over time?

00:02:16 Speaker 2

Step counting, notification of examples of what to eat, images and stuff like.

00:02:47 Speaker 1

How can an app keep you engaged in your fitness journey?

00:02:51 Speaker 2

By sending you notifications. Reminding me to do stay active.

00:02:56 Speaker 1

Do you prefer specific type of device? For example smartphones smart watch to use for your fitness.

Speaker 2: smartphone and smart watch, both.