

Themes gathered from all 15 interviews

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

Fitness tracker app – 10 ,
Apple watch – fitness wearable
Smart watch -
Scales – for weight
Personal trainer
No

----- 15 responses

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

Combination of gestures like swiping and tapping for ease navigations - 8.
Tapping – 3
Swiping -4

--- 15 responses

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.

Personalized workouts, sleep tracking,
Voice commands
Categorize my activities to week and month and shows how close i am to my goal.
New exercise each day
Guide for exercise

Personalized diet

Activity levels and sleep

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.

Heart tracker -2

Days in exercising

Tutorials

Personalized recommends - goals and fitness

Oxygen intake while being active

---- 15 responses

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

Remain healthy and active -2

To reduce health conditions

Being in shape

Close to reaching target

To look good and be healthy -2

Good shape - 2

Uplift and gain confidence

Keep looking fit and mental health

Football/ team activities -2

Life in general

Weight loss

Feeling good both physically and mentally

Family encouragement

Walking

---- 18 responses

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

progress tracking, rewards or incentives for meeting goals.

Sharing progress with friends

Sending notification and help info

Motivational podcasts

Setting goals - 2

Track calories

Achieving goals

Milestones and progress

Competition and community

Challenges and competitions with friends

Notifications like type of workout daily

----- 12 , 3 no features responses

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

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

Monitoring steps - 2

Sharing performance in community's
daily calories

Sleep tracking

Giving rewards

Present info in concise way

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

Heart tracker – 4

days u been into the gym,

Tutorials

Detail analysis of fitness

----- 16 responses

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

User friendly , clear sections for diff functionalities , customize settings

Keeping simplicity of the app

Apples fitness app – user friendly

Trainline – simplicity of the app

Apple fitness app

Health and sleep monitoring

Heads-up display - renpho

Nutracheck

Similar UI to phone easy swipe pages

Easy navigation

Nosiefit app

Impact app

--- 12 , 3 no particular app design

responses

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

Daily – 6 ,

3 times a week

Once a week

Every 6 hrs

No notifications - 2

Not too much

Once in morning and once in evening

Twice a week

Few times a day – eg . drink water and keep me link

----- 15 responses

What types of notifications would be most helpful to you?

Alarm notifications

In app - 2

Benefits of fitness and health

SMS

Weekly progress

Notifications on calories burnt

Reminds to drink water notifications

widgets

push notifications

weight loss , calories

motivations

drink - 3

remind me to active and progress updates

goals

step counting

---- 18 responses

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

Simple and colourful graphs

Simple charts -4

Both

Graphs - 6

Bar chart -3

Pie chart

Minimalist – easy summary of data

Number based

----- 18 responses

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

Subscription – expensive – 3

Adds - 3

Accessing Premium content

Don't like displaying his heart rate

Inputting activities

Difficulty to use apps

Accuracy - 2

Battery consumption ,

---- 13 , 2 no barriers responses

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

Simplicity - 2

daily notifications to help keep connected with the app

UI of app

USER friendly -2

Points , rewards -4

Collaborating brands

He motivates him self

Music, images and entertainment
Step counting
Personalized insights , recommendations and community
Personalized coaching and customized workouts
Daily workout notifications

----- 17 responses

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

Gamification elements , rewards
Community's
Giving help info about fitness interest
Showing progress everyday
Good track of health and fitness
Motivational quotes
Notifications -2
Accurate data
Showing before and after pics
Showing working rates
Monitoring goals , set goals and community
Music
Variety workouts and challenges , rewards
Community engagement
Realtime feedback
Track health condition

---- 17 responses

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

Smart phone – 13

Smart watch - 7

, smart bands

Smart watch and phone connected

---- 22 responses