1. How easy was it to pair the device?  
   (1 = Very difficult, 5 = Very easy): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.6**

1. Was the user profile selection/creation process intuitive?  
   (1 = Not at all, 5 = Very intuitive): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.4**

1. How easy was it to start the measurement?

(1 = Very difficult, 5 = Very easy): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.8**

1. How clearly did the app display the result?

(1 = Not clear at all, 5 = Very clear): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 4.6**

1. If yes, how helpful was the explanation?

= Not helpful at all, 5 = Very helpful): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.7 -> one person found it to much information**

1. How clear were the visualizations (gauges, progress bars, charts)?  
   (1 = Not clear at all, 5 = Very clear): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 4.4**

1. How helpful was the color coding (e.g., red/orange/green) in helping you interpret your state?  
   (1 = Not helpful at all, 5 = Very helpful): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 5**

1. How helpful were the gauges in helping you interpret your state?

(1 = Not helpful at all, 5 = Very helpful): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 4.2**

1. How helpful was the explanation in the info dialog for understanding your stress level?  
   (1 = Not helpful at all, 5 = Very helpful): ☐1 ☐2 ☐3 ☐4 ☐5  
   Remarks:

**Average result of 4.4**

1. How easy was it to find and use the history feature?

(1 = Very difficult, 5 = Very easy): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.6**

1. How easy was it to understand how to filter by date range?

(1 = Not easy at all, 5 = Very easy): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 4.4**

1. Which view did you prefer for reviewing your data?  
   ☐ Graph ☐ Table ☐ Both equally

**All chose the graph**

1. How helpful were the min/max data rows of the table in helping you understand your health trends?

(1 = Not helpful at all, 5 = Very helpful): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 2.6**

1. How helpful was the graph in helping you understand your health trends?
2. = Not helpful at all, 5 = Very helpful): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 4.4**

1. How easy was it to find and adjust the gauge settings?

(1 = Very difficult, 5 = Very easy): ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 4.8**

1. How useful do you think these gauge settings are?

(1 = Not useful at all, 5 = Very useful): ☐1 ☐2 ☐3 ☐4 ☐5

Remarks:

**Average result of 3**

1. I think I would like to use this app frequently. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 2.6**

1. I found the app unnecessarily complex. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 2**

1. I thought the app was easy to use. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.6**

1. I think I would need the support of a technical person to use this app. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 1.4**

1. I found the various functions in this app were well integrated. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 4.2**

1. I thought there was too much inconsistency in this app. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 1.6**

1. I would imagine that most people would learn to use this app very quickly. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.8**

1. I found the app very cumbersome to use. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 2.6**

1. I felt very confident using the app. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 3.2**

1. I needed to learn a lot of things before I could get going with this app. ☐1 ☐2 ☐3 ☐4 ☐5

**Average result of 1.8**