Elicitation technique: questionnaires.

Pre-Development Survey Questionnaire for Mobile Workout Plan Sharing App.

Thank you for taking the time to participate in this survey! Your feedback is crucial in shaping the development of our upcoming mobile workout plan sharing app.

About You:

1. Name: [   ]

2. Role: [   ]

3. Age: [18-24 / 25-34 / 35-44 / 45-54 / 55+]

4. Gender: [Male / Female / Other / Prefer not to say]

App Expectations:

6. What motivated you to participate in this survey?

  - Interest in fitness apps

  - Desire for a better workout planning tool

  - Curiosity about upcoming app development

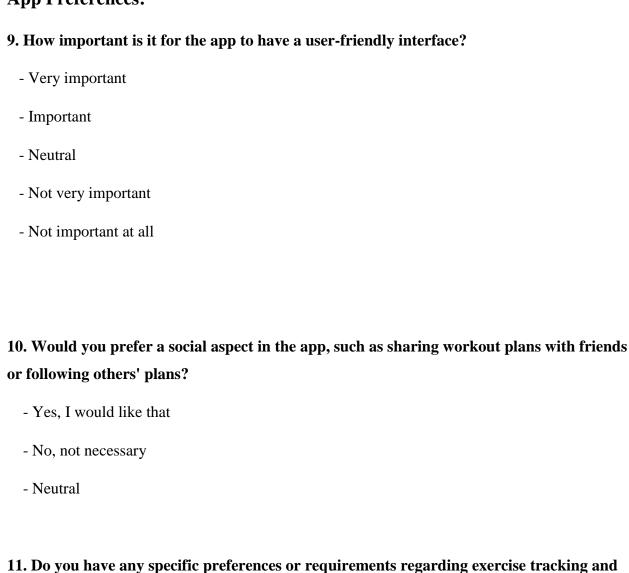 - Other [   ]

7. What features would you like to see in a mobile workout plan sharing app? (Check all that apply)

  - Customizable workout plans

  - Exercise database with detailed instructions

  - Social sharing and collaboration features

  - Progress tracking and performance analytics

  - Personalized recommendations

  - Integration with wearable or fitness devices

  - Other [   ]

8. How do you envision using such an app in your fitness routine? (Select all that apply)

  - Planning and scheduling workouts

  - Sharing my workout plans with friends or clients

  - Discovering new exercises and routines

  - Tracking my progress over time

  - Connecting with like-minded fitness enthusiasts

  - Other [   ]

App Preferences:

9. How important is it for the app to have a user-friendly interface?

   - Very important

   - Important

   - Neutral

   - Not very important

   - Not important at all

10. Would you prefer a social aspect in the app, such as sharing workout plans with friends or following others' plans?

   - Yes, I would like that

   - No, not necessary

   - Neutral

11. Do you have any specific preferences or requirements regarding exercise tracking and progress monitoring features?

Suggestions and Expectations:

12. Are there any additional features or functionalities you believe are essential for a mobile workout plan sharing app?

13. What are your expectations regarding the customization options for creating and editing workout plans?

14. How important is it for the app to provide educational content, such as workout tips, nutrition advice, or motivational resources?

   - Very important

   - Important

   - Neutral

   - Not very important

   - Not important at all

Usability and Accessibility:

15. Do you have any accessibility requirements or considerations that you'd like us to take into account during the app development process?

16. What devices do you primarily use for accessing mobile apps? (Check all that apply)

- Smartphone (iOS)

- Smartphone (Android)

- Tablet (iOS)

- Tablet (Android)

- Other [   ]

Overall Expectations:

17. On a scale of 1 to 10, how excited are you about the idea of a mobile workout plan sharing app?

18. How likely are you to use such an app once it's developed?

- Very likely

- Likely

- Neutral

- Unlikely

- Very unlikely

Final Thoughts:

19. Any other comments, suggestions, or concerns you'd like to share about the concept of this app?

Thank you for Your Valuable Input!