Timestamp	How old are you?	What is your gender?	Do you actively use health tracking apps?	If so, what tracking apps do you use?	What areas are you most interested in tracking?	What motivates you the most to track your goals?	How many times do you glance at your phone throughout the day?	Would you like a glanceable phone wallpaper that shows progress?	How would you feel about gamification (points, levels)?	Have you ever quit a health or goal tracking app? If so, why?	What's one feature that would make you more likely to use an app?	Score
2/17/2025 10:40:26	18-23		No		Exercise, Sleep, Mental Health	Seeing progress visually	30-60	Yes	Not important	It's cumbersome after a while, after a prolonged pe...	Intuitive feedback	
2/17/2025 12:31:23	18-23	Male	Yes	Google fit	Exercise	60-100	No	Somewhat important	I get unengaged with it	Rankings		
2/17/2025 13:27:10	18-23	Male	No		Exercise, Nutrition, Sleep, Mental Health	Seeing progress visually	100+	Yes	Neutral	Ads	Idk	
2/20/2025 17:14:44	18-23	Female	Yes	Apple Activity	Exercise, Nutrition, Sleep	Seeing progress visually	30-60	Yes	Not important	yes, if it was buggy--that makes it too much of a ha...	quickness, ease and a numeric value that is easy to...	
2/20/2025 17:15:07	18-23	Female	No	n/a	Sleep, Mental Health		100+	Yes	Neutral	Yes, it just gets to be hard to remember to keep tra...	Tracking that I don't manually have to input	
2/20/2025 17:16:23	18-23	Male	Yes	FITBIT		Getting reminders, In-app rewards (achievements/ ...	100+	Yes	Somewhat important	yes, forgot about it		
2/20/2025 17:24:20	18-23	Male	Yes	myfitnesspal and a workout tracker called ...	Exercise, Nutrition		60-100	Yes	Neutral	yes, just forgot about it and didn't want to spend th...	ease of use and quick tracking	
2/21/2025 13:31:34	18-23	Female	Yes	Apple's built in heath app	Exercise, Nutrition, Hydration, Sleep	Seeing progress visually	10-30	Yes	Neutral	Got tired of entering in data manually, didn't feel lik...	Flexibility in goal customization (sometimes going ...	
2/22/2025 13:47:13	18-23	Female	Yes	MapMyWalk	Exercise, Lifestyle	Seeing progress visually, Social accountability	60-100	Yes	Neutral	Yes, MyFitnessPal because it was too much work.		
2/26/2025 13:51:35	24-30	Male	No	MyPlate	Exercise, Nutrition, Hydration	Seeing progress visually, Getting reminders	100+	Yes	Neutral	Tracking calories took too much time and after usi...	Something to track my water intake as well as suga...	
2/26/2025 14:59:48	18-23	Male	No		Nutrition, Sleep, Lifestyle	Having a tool to aid me towards my goals	100+	Yes	Not important	Hard to use, not motivated	A way to do things badly, for example instead of a r...	
2/26/2025 15:11:07	18-23	Male	Yes	Excel	Exercise, Hydration, Mental Health	Seeing progress visually	60-100	Yes	Neutral		Multi function: workout and nutrition tracker	
2/26/2025 18:06:57	18-23	Male	Yes	Jefit, Habit	Exercise, Lifestyle	Seeing progress visually, Getting reminders	60-100	No	Somewhat important	Can be repetitive to input over long periods of time...	A good widget so I can see my progress and easily...	
2/26/2025 18:13:42	18-23	Male	No		Nutrition, Mental Health, Lifestyle	Seeing progress visually, In-app rewards (achievem...	30-60	No	Very important	I've never had one, so no	If the app is very intuitive, easy to use, and free, the...	
2/26/2025 19:16:06	24-30	Male	Yes	Sleep quality tracking.	Exercise, Sleep, Mental Health	Feedback to improve	60-100	Indifferent	Neutral	Poor accessibility and UI	Wearable or app that's compatible with wearable (s...	
2/26/2025 20:06:10	18-23	Male	Yes	Apple Health and Jefit	Hydration, Mental Health, Lifestyle	Seeing progress visually, My desire to a better pe...	60-100	Yes	Somewhat important	I have. It was full of ads, entering the data was very...	An easy to understand visual representation of my p...	
2/26/2025 20:17:03	18-23	Male	Yes	My fitness pal	Exercise, Nutrition, Sleep	Knowing I'm working towards goals, day streaks of...	60-100	Yes	Not important	Neva	Streak	
2/26/2025 20:43:48	18-23	Female	No		Exercise, Nutrition, Hydration, Mental Health	Seeing progress visually, Getting reminders, In-app...	100+	Yes	Somewhat important	In order to properly use the app there were a hundr...	Definitely little games or rewards in the app to mak...	
2/26/2025 21:00:09	18-23	Female	No		Exercise, Sleep, Mental Health	Seeing progress visually, Getting reminders, In-app...	100+	No	Very important	Yes, it just seemed like a chore to keep up with	I like the idea of competing with friends and maybe...	
2/27/2025 6:46:12	18-23	Female	No		Exercise, Sleep, Mental Health	Seeing progress visually	60-100	Yes	Very important	I was forced to have one to track my eating in high...	Seeing a widget of my progress for the day!	
2/27/2025 12:55:41	18-23	Male	Yes	Fitness app(default Apple) , MyFitness pal	Exercise, Nutrition	Seeing progress visually, Getting reminders, In-app...	30-60	Yes	Somewhat important	It got replaced by an app that is connected to my w...	Synced across all of my devices	
2/28/2025 8:15:34	45+	Female	No		Exercise, Hydration, Sleep	Seeing progress visually	60-100	Yes	Neutral	Don't use it	Link to a favorite social or game app; so there was a...	
2/28/2025 8:29:07	45+	Male	No	Apple fitness	Exercise, Sleep	Seeing progress visually			Somewhat important	Apple Watch broke	Easy to follow tracking	
2/28/2025 9:09:14	18-23	Female	Yes	Apple health	Hydration, Lifestyle, Cycle tracking	Seeing progress visually, Getting reminders, Social...	60-100	Yes	Somewhat important	No	If it you had to do it with a friend	
2/28/2025 17:13:39	18-23	Male	No		Exercise, Nutrition, Hydration	Seeing progress visually	60-100	Yes	Not important	Only because a free trial ended or I stopped caring	Simplicity	
2/28/2025 17:13:49	18-23	Male	Yes	Apple health app and myfitnesspal	Nutrition	Seeing progress visually, Social accountability (pro...	60-100	Yes	Very important	I have taken breaks from tracking food intake but n...	Nice interface	
2/28/2025 17:16:54	18-23	Female	No		Exercise, Nutrition, Sleep	Seeing progress visually	60-100	Yes	Very important	Too tedious	Easy to use	
2/28/2025 17:20:58	18-23	Male	No					No	Not important		Simple to set up, use, and navigate. Not too compli...	
2/28/2025 17:34:50	18-23	Male	No		Exercise, Nutrition, Sleep, Mental Health, Lifestyle	Seeing progress visually, Social accountability (pro...	30-60	Yes	Neutral	I quit using the Apple app because I didn't wear the...	Tracking my lifts (weight, reps, etc.) at the gym	
2/28/2025 17:36:26	18-23	Male	Yes	Apple's Health	Exercise, Nutrition, Mental Health	Seeing progress visually, Social accountability (pro...	10-30	Yes	Neutral	Loss of personal motivation or becoming numb to ...	Something that holds more accountability instead ...	
2/28/2025 17:40:25	18-23	Male	Yes	Apple health	Hydration, Sleep, Steps	In-app rewards (achievements/ points)	30-60	Yes	Somewhat important	MyFitnessPal because of subscriptions and too m...	A simple app	
2/28/2025 18:03:39	18-23	Female	Yes	The Apple Health app, it is automatically on...	Exercise, Nutrition, Menstrual cycle		100+	Yes	Very important	Yes, because I lose motivation and struggle/forget...	Something that forces me to have more accountab...	
2/28/2025 18:05:25	18-23	Male	Yes	Apple fitness	Exercise, Nutrition, Sleep	Seeing progress visually, Getting reminders, In-app...	30-60	Yes	Somewhat important	No	Streaks	
2/28/2025 18:17:58	24-30	Nonbinary/nonconforming	Yes	strava	Exercise	Seeing progress visually, Social accountability (pro...	0-10	Maybe as long as its not profit based	Somewhat important	I've tried a number of them	ease of use	
2/28/2025 18:46:04	18-23	Female	Yes	Aavia, strava	Exercise, Period	Seeing progress visually, Necessity	60-100	Yes	Somewhat important	Yes, sometimes I forget abt them and don't need th...	A widget is always good so that I can see it maybe...	
2/28/2025 19:05:53	18-23	Male	No		Exercise, Nutrition, Sleep	Seeing progress visually	30-60	Yes	Neutral			
2/28/2025 19:24:29	18-23	Male	Yes	VeryFit	Sleep, Lifestyle	Seeing progress visually	30-60	Yes	Somewhat important	Device Died	Accuracy	
2/28/2025 19:45:54	18-23	Female	No		Exercise, Mental Health	Seeing progress visually	30-60	Yes	Neutral	no	daily check-in aspect	
2/28/2025 19:53:55	18-23	Male	Yes	Health App on iPhone	Exercise, Sleep	Seeing progress visually	30-60	Yes	Somewhat important			
2/28/2025 20:10:31	18-23	Female	Yes	Apple Health. So sleep tracking, exercise, st...	Exercise, Hydration, Sleep	Seeing progress visually	30-60	Yes	Somewhat important	Yes, I just wasn't motivated to log information. I wa...	Reminders to log information for tracking.	
2/28/2025 20:58:56	18-23	Female	No		Exercise, Nutrition, Sleep	Seeing progress visually, Social accountability (pro...	10-30	No	Neutral	I feel like sometimes health tracking apps can bec...	reminders that encourage feeling good rather than ...	
2/28/2025 22:14:43	18-23	Female	Yes	Finch	Sleep, Mental Health, Lifestyle	Getting reminders, In-app rewards (achievements/ ...	60-100	Yes		Too boring	Cute characters	
2/28/2025 22:32:53	18-23	Male	No		Exercise, Nutrition, Sleep	Seeing progress visually, Getting reminders	10-30	Yes	Somewhat important	Didn't have enough motivation to use it.	More incentive to follow reminders	
3/1/2025 2:18:17	18-23	Male	No		Hydration, Sleep, Mental Health	Seeing progress visually	10-30	Yes	Neutral	No	Functionally and no paywall	
3/1/2025 9:17:01	24-30	Female	No		Exercise, Hydration, Sleep	Seeing progress visually, Social accountability (pro...	30-60	Yes	Somewhat important	No	Aesthetic app	
3/1/2025 11:54:43	18-23	Female	Yes	Zepp	Exercise, Nutrition, Sleep	Seeing progress visually, In-app rewards (achievem...	100+	Yes	Very important	No, I have not	Gamification, or some cool progress tracker. Strea...	
3/1/2025 13:15:48	18-23	Female	No		Hydration, Sleep, Mental Health	Seeing progress visually, Getting reminders	30-60	No	Somewhat important	Gave me an eating disorder		
3/1/2025 14:23:55	24-30	Nonbinary/nonconforming	No		Exercise, Sleep, Mental Health	Seeing progress visually	60-100	No	Somewhat important	It was somewhat triggering to see my calories bur...	A way to track macros (especially protein) WITHOU...	
3/1/2025 18:20:58	18-23	Male	Yes	MyFitnessPal		Seeing progress visually, Organizational aspect of t...	60-100	Yes	Somewhat important		Rewards, but not at a cost	
3/1/2025 18:54:37	18-23	Female	No		Exercise, Hydration, Mental Health	Seeing progress visually, In-app rewards (achievem...	30-60	Yes	Somewhat important	too many notifications, didn't use it consistently, ha...	all features free and no ads	
3/2/2025 16:51:08	18-23	Nonbinary/nonconforming	No	i track everything in spreadsheets & am also...	Exercise, Nutrition, Sleep	Seeing progress visually, Getting reminders	100+	Yes	Neutral	program size too big/laggy/missing features I want...	visually appealing design	
3/2/2025 18:16:09	18-23	Female	No		Nutrition, Hydration, Sleep	Seeing progress visually, Getting reminders	30-60	No	Somewhat important			
3/2/2025 21:24:55	18-23	Female	No	N/A	Exercise, Mental Health, Lifestyle	Getting reminders	30-60	Yes	Somewhat important	No I have never used a health tracking app	If it's cute	
3/2/2025 21:45:54	18-23	Male	Yes	Macro factor	Nutrition	Seeing progress visually	0-10	Yes	Very important	No	Reminders to log your work. Not too many reminde...	
3/3/2025 8:20:09	18-23	Female	No		Exercise, Nutrition, Hydration, Sleep	Seeing progress visually, Social accountability (pro...	10-30	Yes	Neutral			
3/3/2025 9:53:26	18-23	Male	No		Nutrition, Hydration, Sleep	Seeing progress visually, In-app rewards (achievem...	100+	Yes	Somewhat important	Yes I just got lazy and wasn't really seeing results	I really like the idea of having a glanceable lock scr...	
3/3/2025 12:41:11	18-23	Female	No		Exercise, Sleep, Mental Health	Seeing progress visually	30-60	Yes	Somewhat important		gradual but visual growth tracking features	
3/3/2025 14:30:39	18-23	Female	No		Nutrition, Hydration, Sleep	Seeing progress visually, Getting reminders	100+	Yes	Neutral	No, I have never used one.	If using it is fast and doesn't take a bunch of extra t...	
3/3/2025 21:09:56	18-23	Female	Yes	The default health app in iOS	Exercise, Hydration, I use it to track my period	Seeing progress visually	30-60	Yes	Very important	Yes, it's too easy to say I've done something withou...	I would love to be able to find a way to actually buil...	
3/3/2025 21:21:23	18-23	Female	No		Exercise, Nutrition, Hydration, Sleep, Mental Health	Seeing progress visually, Social accountability (pro...	60-100	Yes				
3/3/2025 21:48:15	18-23	Female	Yes	Oura and my fitness pal	Exercise, Nutrition, Sleep, Mental Health, Lifestyle	Seeing progress visually	10-30	No	Not important	Yes, inaccuracy and not personal	Visual aesthetics, data, and ideas on how to improv...	
3/3/2025 21:53:41	18-23	Male	Yes	Apple Health	Exercise, Sleep	Getting reminders	10-30	Yes	Neutral	Yes, myfitnesspal. Had an unhealthy relationship w...	Unsure	
3/3/2025 23:10:46	18-23	Female	Yes		Sleep, Mental Health	Seeing progress visually, Getting reminders, In-app...	30-60	No	Very important			
3/4/2025 12:27:52	18-23	Nonbinary/nonconforming	Yes	MyFitnessPal and Pacer	Exercise, Nutrition	Seeing progress visually, Getting reminders	30-60	Yes	Neutral			
3/4/2025 12:34:08	45+	Male	No		Exercise, Sleep	Seeing progress visually	60-100	maybe?	Neutral	I stopped using the default one on the phone when...	one that is self-contained and doesn't share data w...	
3/4/2025 12:35:33	24-30	Male	No	Oura, Apple Health	Exercise, Sleep, Mental Health	Seeing progress visually	30-60	No	Not important	Yes, because of monthly subscriptions and lack of ...	Daily health statistics (i.e. sleep score, stress score...	
3/4/2025 12:41:21	45+	Male	No				0-10	No	Not important		If I believed the data would not be sold and mined f...	
3/4/2025 16:47:53	18-23	Male	No		Exercise, Hydration, Sleep	Seeing progress visually	30-60	Yes	Somewhat important	no	It not being focused on making money	
3/5/2025 13:10:06	45+	Male	Yes	Apple Health (built-in "Activity Rings" featur...	Exercise, Nutrition, Sleep, Mental Health	Seeing progress visually	10-30	Yes	Neutral	I used to use the Nike+ app before it was retired. I ...	Notifications and reminders, probably. Long-term g...	
3/5/2025 13:19:37	18-23	Female	Yes	MyFitnessPal	Exercise, Nutrition, Hydration	Seeing progress visually, Getting reminders	30-60	Yes	Very important	yes due to not using it	gameification features and cuter aesthetics	
3/10/2025 8:31:11	24-30	Female	No		Exercise, Hydration, Sleep	Seeing progress visually, Social accountability (pro...	60-100	No	Somewhat important			