The state of the s	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? (Pi	What motivates you the most to track your goals?	How many times do you glance at your phone thro	Would you like a glanceable phone wallpaper that		Have you ever quit a health or goal tracking app? if	
2/17/2025 10:40:26 1	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 1	18-23	Male	Yes	Google fit	Exercise		60-100	No	Somewhat important	I get unengaged with it	Rankings
2/17/2025 13:27:10 1	18-23	Male	No		Exercise, Nutrition, Sleep, Mental Health	Seeing progress visually	100+	Yes	Neutral	Ads	ldk
2/20/2025 17:14:44 1	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 1	18-23	Female	No	n/a	Sleep, Mental Health		100+	Yes	Neutral	Yes, it just gets to be hard to remember to keep trai	
	18-23	Male	Yes	FITBIT	Exercise, Nutrition	Getting reminders, In-app rewards (achievements/ ;	100+	Yes		yes, forgot about it	
	18-23	Male	Ves	myfitnesspal and a workout tracker called			60-100	Ves	Neutral	yes, lorger about it yes, just forget about it and didn't want to spend th	ease of use and quick tracking
	18-23		Yes	Apple's built in heath app	Exercise, Nutrition. Hydration. Sleep		10-30	Yes	Neutral	Got tired of entering in data manually, didn't feel like	
	18-23	Female	Var	Appres built in neath app MapMyWalk		Seeing progress visually, Social accountability (pro:		Von	Neutral	Yes. MyFitnessPal because it was too much work.	· ····································
	18-23 24-30		Yes No	MapMyWalk MyPlate	Exercise, Lifestyle Exercise, Nutrition, Hydration		60-100 100+	Yes	Neutral	Yes, MyFitnessPal because it was too much work. Tracking calories took too much time and after usir	Compatible to trade an extended to the compatible of the compatibl
			NO	MyPiste			100+	Yes			
	18-23	Male	No		Nutrition, Sleep, Lifestyle	, ,		Yes	Not important		A way to do things badly, for example instead of a r
2/26/2025 15:11:07 1			Yes	Excel		,	60-100	Yes	Neutral		Multi function: workout and nutrition tracker
	18-23	Male	Yes	Jefit, Habit	Exercise, Lifestyle		60-100	No		Can be repetitive to input over long periods of time	
2/26/2025 18:13:42 1		Male	No			Seeing progress visually, In-app rewards (achievem		No	,,		If the app is very intuitive, easy to use, and free, ther
2/26/2025 19:16:06 2	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 1	18-23	Male	Yes	Apple Health and Jefit	Hydration, Mental Health, Lifestyle	Seeing progress visually, My desire to be a better p_{i}	60-100	Yes	Neutral	I have. It was full of ads, entering the data was very	An easy to understand visual representation of my
2/26/2025 20:17:03 1	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 1	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 hundri	Definitely little games or rewards in the app to make
2/26/2025 21:00:09 1	18-23	Female	No		Exercise, Sleep, Mental Health	Seeing progress visually, Getting reminders, In-app	60-100	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 1		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 dayl
	18-23	Male	Yes	Fitness app(default Apple) , MyFitness pal		Seeing progress visually, Getting reminders, In-app		Yes	Somewhat important	It got replaced by an app that is connected to my w	
2/28/2025 8:15:34 4		Female	No				60-100	Yes			Link to a favorite social or game app; so there was:
2/28/2025 8:29:07 4		Male	No	Apple fitness	Exercise, Sleep	Seeing progress visually			Somewhat important		Easy to follow tracking
2/28/2025 9:09:14 1		Female	Ves	Apple health	Hydration, Lifestyle, Cycle tracking	Seeing progress visually, Getting reminders, Social:	60-100	Ves	Somewhat important		If it you had to do it with a friend
2/28/2025 9:09:14 1		Male	No.	- pp. a manus	Exercise, Nutrition, Hydration		60-100	Ver	Not important	Only because a free trial ended or I stopped caring	
2/28/2025 17:13:39 1 2/28/2025 17:13:49 1		Male Male	Van	And a brookly and and another and		Seeing progress visually Seeing progress visually, Social accountability (pro:		Ven		Only because a free trial ended or I stopped caring. I have taken breaks from tracking food intake but n	
			165	Apple health app and myfitnesspal				165	Very important		
2/28/2025 17:16:54 1		Female	NO		Exercise, Nutrition, Sleep		60-100	Yes	Very important		Easy to use
2/28/2025 17:20:58 1		Male	No				60-100	No	Not important		Simple to set up, use, and navigate. Not too complii
2/28/2025 17:34:50 1		Male	No			Seeing progress visually, Social accountability (pro-		Yes	Neutral	I quit using the Apple app because I didn't wear the	
2/28/2025 17:36:26 1		Male	Yes	Apple's Health		Seeing progress visually, Social accountability (prog		Yes		Loss of personal motivation or becoming numb to	
2/28/2025 17:40:25 1		Male	Yes	Apple health	Hydration, Sleep, Steps		30-60	Yes	Somewhat important	MyFitnessPal because of subscriptions and too $m\iota$	
2/28/2025 18:03:39 1	18-23	Female	Yes	The Apple Health app, it is automatically or	Exercise, Nutrition, Menstrual cycle		100+	Yes	Very important	Yes, because I lose motivation and struggle/forget	Something that forces me to have more accountable
2/28/2025 18:05:25 1	18-23	Male	Yes	Apple fitness	Exercise, Sleep	Seeing progress visually, Getting reminders, In-app	30-60	Yes	Somewhat important	No	Streaks
2/28/2025 18:17:58 2	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 1	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 1	18-23	Male	No		Exercise, Nutrition, Sleep		30-60	Yes	Neutral		
	18-23	Male	Yes	VeryFit	Sleep, Lifestyle		30-60	Yes	Somewhat important	Device Died	Accuracy
	18-23	Female	No				30-60	Yes	Neutral		daily check-in aspect
	18-23	Male	Ves	Health App on iPhone	Exercise, Mental Health Exercise, Sleep	,	30-60	Ves	Somewhat important		,
	18-23 18-23	Male Female	Yes				30-60	Ven		Yes, I just wasn't motivated to log information. I wa	Company to the information for tradition
			105	Apple Health. So sleep tracking, exercise, s		,		Yes	Somewhat important		
	18-23	Female	NO		Exercise, Nutrition	Seeing progress visually, Social accountability (prog		NO	Neutral	I feel like sometimes health tracking apps can becc	
	18-23	Female	Yes	Finch		Getting reminders, In-app rewards (achievements/ ş		Yes	Somewhat important		Cute characters
	18-23	Male	No		Exercise, Nutrition, Sleep		10-30	Yes	Somewhat important		More incentive to follow reminders
	18-23	Male	No				10-30	Yes	Neutral		Functionally and no paywall
3/1/2025 9:17:01 2	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, Hydration, Sleep	Seeing progress visually, In-app rewards (achievem	100+	Yes	Very important	No, I have not	Gamefication, or some cool progress tracker. Streal
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 2	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 burn	A way to track macros (especially protein) WITHOU
3/1/2025 18:20:58 1		Male	Yes	MyFitnessPal	Exercise, Nutrition	Seeing progress visually, Organizational aspect of t	60-100	Yes	Somewhat important		Rewards, but not at a cost
3/1/2025 18:54:37		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 1		Nonbinary/nonconforming	No	i track everything in spreadsheets & am als			100+	Yes	Neutral	program size too big/laggy/missing features i wan!	
3/2/2025 18:16:09 1		Female	No				30-60	No	Somewhat important		
3/2/2025 21:24:55 1		Female	No.	N/A	Exercise, Mental Health, Lifestyle		30-60	Ves	Somewhat important	No I have never used a health tracking app	If it's cute
				Macro factor	Nutrition		0-10	Von	Very important		Reminders to log your work. Not too many reminde
	10.72							160		140	reminders to log your work. Not too many reminde
3/2/2025 21:45:54		Male	Yes	Macro factor	Formulas Mutables (Suda C		10.20	V			
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1	18-23	Female	Yes No	Macro factor	Exercise, Nutrition, Hydration, Sleep	Seeing progress visually, Social accountability (proç		Yes	Neutral		
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1	18-23 18-23	Female Male	Yes No No	Macro factor	Nutrition, Sleep, Mental Health	Seeing progress visually, Social accountability (proç Seeing progress visually, In-app rewards (achievem	30-60	Yes Yes	Somewhat important	Yes I just got lazy and wasn't really seeing results	
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1 3/3/2025 12:41:11 1	18-23 18-23 18-23	Female Male Female	Yes No No No	Macro factor	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health	Seeing progress visually, Social accountability (prog Seeing progress visually, In-app rewards (achievem Seeing progress visually	30-60	Yes Yes	Somewhat important Somewhat important		gradual but visual growth tracking features
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1 3/3/2025 12:41:11 1 3/3/2025 14:30:39 1	18-23 18-23 18-23 18-23	Female Male Female Female	Yes No No No		Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Nutrition, Hydration, Mental Health	Seeing progress visually, Social accountability (prog Seeing progress visually, In-app rewards (achievem Seeing progress visually Seeing progress visually, Getting reminders	30-60 30-60 100+	Yes Yes Yes	Somewhat important Somewhat important Neutral	No, I have never used one.	gradual but visual growth tracking features If using it is fast and doesn't take a bunch of extra t
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1 3/3/2025 12:41:11 1 3/3/2025 14:30:39 1 3/3/2025 21:09:56 1	18-23 18-23 18-23 18-23	Female Male Female	Yes No No No No Yes	Macro factor The default health app in iOS	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health	Seeing progress visually, Social accountability (prog Seeing progress visually, In-app rewards (achievem Seeing progress visually	30-60 30-60 100+	Yes Yes Yes Yes	Somewhat important Somewhat important		gradual but visual growth tracking features If using it is fast and doesn't take a bunch of extra t
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1 3/3/2025 12:41:11 1 3/3/2025 14:30:39 1	18-23 18-23 18-23 18-23	Female Male Female Female	Yes No No No No No No		Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Nutrition, Hydration, Mental Health	Seeing progress visually, Social accountability (prog Seeing progress visually, In-app rewards (achievem Seeing progress visually Seeing progress visually, Getting reminders Seeing progress visually, In-app rewards (achievem	30-60 30-60 100+ 30-60	Yes Yes Yes Yes Yes	Somewhat important Somewhat important Neutral	No, I have never used one.	gradual but visual growth tracking features If using it is fast and doesn't take a bunch of extra t
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1 3/3/2025 12:41:11 1 3/3/2025 14:30:39 1 3/3/2025 21:09:56 1	18-23 18-23 18-23 18-23 18-23	Fernale Fernale Fernale Fernale	Yes No No No Yes No Yes		Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Nutrition, Hydration, Mental Health Exercise, Hydration, I use it to track my period	Seeing progress visually, Social accountability (prox Seeing progress visually, Inapp rewards (achievem Seeing progress visually Seeing progress visually, Getting reminders Seeing progress visually, Inapp rewards (achievem Seeing progress visually, Bodal accountability (prox	30-60 30-60 100+ 30-60	Yes Yes Yes Yes Yes No	Somewhat important Somewhat important Neutral Very important	No, I have never used one. Yes, it's too easy to say I've done something withou	gradual but visual growth tracking features If using it is fast and doesn't take a bunch of extra t
3/3/2025 2:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1 3/3/2025 12:41:11 1 3/3/2025 14:30:39 1 3/3/2025 21:09:56 1 3/3/2025 21:21:23 1	18-23 18-23 18-23 18-23 18-23 18-23	Female Male Female Female Female Female Female Female	Yes No No No Ves Ves Ves	The default health app in IOS	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Nutrition, Hydration, Mental Health Exercise, Hydration, I use it to track my period Exercise, Nutrition, Hydration, Sleep, Mental Health	Seeing progress visually, Social accountability (proy Seeing progress visually, In app rewards (achievem Seeing progress visually Seeing progress visually, Getting reminders Seeing progress visually, In app rewards (achievem Seeing progress visually, Social accountability (proy Seeing progress visually, Social accountability (proy Seeing progress visually,	30-60 30-60 100+ 30-60 66-100	Yes Yes Yes Yes Yes Yes No Ves	Somewhat important Somewhat important Neutral Very important Somewhat important	No, I have never used one. Yes, it's too easy to say I've done something withou	gradual but visual growth tracking features If using it is fast and doesn't take a bunch of entra t I would love to be able to find a way to actually buils Visual aesthetics, data, and ideas on how to improv
3/2/2025 21:48:54 3/3/2025 8:20:09 3/3/2025 9:53:26 3/3/2025 12:41:11 3/3/2025 12:41:13 3/3/2025 21:21:23 3/3/2025 21:48:15 3/3/2025 21:53:41 3/3/2025 21:53:41	18-23 18-23 18-23 18-23 18-23 18-23	Female Male Female Female Female Female Female	Yes No No No No No No No Ves Ves	The default health app in iOS Oura and my fitness pal	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Nutrition, Hydration, Mental Health Exercise, Hydration, I use it to track my period Exercise, Hydration, I use it to track my period Exercise, Nutrition, Hydration, Sleep, Mental Health Exercise, Nutrition, Sleep, Mental Health, Lifestyle	Seeing progress visually, Social accountability (proy Seeing progress visually, In app rewards (achievem Seeing progress visually Seeing progress visually, Getting reminders Seeing progress visually, In app rewards (achievem Seeing progress visually, Social accountability (proy Seeing progress visually, Social accountability (proy Seeing progress visually,	30-40 30-40 100+ 40-700 10-30	No	Somewhat important Somewhat important Neutral Very important Somewhat important Not important Not important	No, I have never used one. Yes, It's too easy to say I've done something withou Yes, inaccuracy and not personal	gradual but visual growth tracking features If using it is fast and doesn't take a bunch of entra t I would love to be able to find a way to actually buils Visual aesthetics, data, and ideas on how to improv
3/2/2025 21:45:54 1 3/3/2025 8:20:09 1 3/3/2025 9:53:26 1 3/3/2025 12:41:11 1 3/3/2025 12:05:56 1 3/3/2025 21:09:56 1 3/3/2025 21:48:15 1 3/3/2025 21:53:41 1 3/3/2025 21:53:41 1	18-23 18-23 18-23 18-23 18-23 18-23 18-23 18-23	Female Male Female Female Female Female Female Male	Yes No No No No No No Yes Yes Yes	The default health app in IOS Ours and my fitness pal Apple Health	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Authrition, Hydraston, Mental Health Exercise, Hydraston, Liser is to track my period Exercise, Nutrition, Sleep, Mental Health Exercise, Nutrition, Seep, Mental Health, Lifestyle Exercise, Sleep Sleep, Mental Health Sleep, Mental Health	Seeing progress visually, Bool al accountability (prog- Seeing progress visually, lange prevade (achievem Seeing progress visually). The progress visually seeing progress visually, Getting reminders. Seeing progress visually, Getting reminders. Seeing progress visually, Getting reminders, lange progress visually, Getting reminders, in appropriets visually. Getting reminders in appropriets visually.	30-40 30-40 100+ 40-700 10-30	No	Somewhat important Somewhat important Neutral Very important Somewhat important Not important Not important Neutral	No, I have never used one. Yes, It's too easy to say I've done something withou Yes, inaccuracy and not personal	gradual but visual growth tracking features If using it is fast and docent take a bunch of extra t I would love to be able to find a way to actually built Visual aesthetics, data, and ideas on how to improv
3/2/2025 21:45:54 1 3/3/2025 22:00.09 1 3/3/2025 9:52:26 1 3/3/2025 12:41:11 1 3/3/2025 12:09:56 1 3/3/2025 21:09:56 1 3/3/2025 21:21:23 1 3/3/2025 21:21:23 1 3/3/2025 21:35:41 1 3/3/2025 23:10:46 1 3/4/2025 12:27:52 1	18-23 18-23 18-23 18-23 18-23 18-23 18-23 18-23	Fernale Fernale Fernale Fernale Fernale Fernale Male Fernale	Yes No No No No No No Yes Yes Yes Yes Yes Yes Yes	The default health app in iOS Oura and my fitness pal	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Authrition, Hydraston, Mental Health Exercise, Hydraston, Liser is to track my period Exercise, Nutrition, Sleep, Mental Health Exercise, Nutrition, Seep, Mental Health, Lifestyle Exercise, Sleep Sleep, Mental Health Sleep, Mental Health	Seeing progress visually, Boolal accountability (prog- Seeing progress visually, In-app reveats (pchievem Seeing progress visually, Getting reminders Seeing progress visually, Getting reminders Seeing progress visually, Boolal accountability (prog- Seeing progress visually, Boolal accountability (prog- Seeing progress visually, Getting reminders, In-app) Seeing progress visually, Getting reminders, In-app Seeing progress visually, Getting reminders	30-40 30-40 30-40 30-40 40-100 10-30 30-40	No Yes No	Somewhat important Somewhat important Neutral Very important Somewhat important Not important Not important Very important Very important Very important	No, I have never used one. Yes, I/s to easy to say I've done something without Yes, inaccuracy and not personal Yes, myfitnesspal. Had an unhealthy relationship w	gradual bout visual growth tracking features if suring it is fast and desmit take a busch of eath at it visual force to be able to find a way to actually built Visual aesthetics, data, and ideas on how to improvi
2/2/2025 21:45:54 1 3/3/2025 8:2009 1 3/3/2025 9:32:61 3/3/2025 12:41:11 1 3/3/2025 12:41:11 1 3/3/2025 21:09:56 1 3/3/2025 21:21:23 1 3/3/2025 21:53:41 1 3/3/2025 21:53:41 1 3/3/2025 21:53:41 3 3/3/2025 21:53:41 3 3/3/2025 21:53:41 3	18-23 18-23 18-23 18-23 18-23 18-23 18-23 18-23 18-23	Female Female Female Female Female Female Female Female Female Male Male Nonbinary/nonconforming Male	Yes Yes	The default health app in IOS Ours and my fitness pal Apple Health MyFitnessPal and Pacer	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Exercise, Sleep, Mental Health Exercise, Hydration, Husel it to track my period Exercise, Nutrition, Hydration, Sleep, Mental Health Exercise, Nutrition, Sleep, Mental Health, Lifeshje Exercise, Sleep	Seeing progress visually, Borial accountability (prog- Seeing progress visually, thopp pressade (achievem Seeing progress visually, Cetting reminders Seeing progress visually, Cetting reminders Seeing progress visually, Cetting reminders Seeing progress visually, Cetting reminders, Getting progress visually, Cetting reminders, In applications of the cetting reminders Seeing progress visually, Cetting reminders, In applications progress visually, Cetting reminders Seeing progress visually, Cetting reminders	20 4 40 40 40 40 40 40 40 40 40 40 40 40	No Yes No Yes maybe?	Somewhat important Somewhat important Neutral Very important Somewhat important Not important Neutral Very important Notinal Neutral Neutral Neutral	No, I have rever used one. Yes, it's too easy to say five done something withoutes, it's too easy to say five done something withoutes, inaccuracy and not personal Yes, myffinesepal. Had an unhealthy relationship with the phone when the phone when	gradual but visual grawth tracking features If sump is It stat and downt their a bash of entra I I would have to be able to find a way to actually built Visual assistance, data, and ideas on how to improvi Unione cree that it is self-contained and doesn't share data w
3/2/2025 21:45:54 1 3/3/2025 22:000 1 3/3/2025 9:53:26 1 3/3/2025 14:30:39 1 3/3/2025 14:30:39 1 3/3/2025 21:21:23 1 3/3/2025 21:21:23 1 3/3/2025 21:21:23 1 3/3/2025 21:48:15 1 3/3/2025 21:48:15 1 3/3/2025 21:54:40 1 3/3/2025 22:046 1 3/3/2025 12:27:52 1 3/3/2025 12:27:52 1 3/3/2025 12:27:52 1	18-23 18-23 18-23 18-23 18-23 18-23 18-23 18-23 18-23	Female Female Female Female Female Female Female Female Female Male Male Nonbinary/nonconforming Male	Yes No No No No Yes Yes Yes Yes Yes Yes	The default health app in IOS Ours and my fitness pal Apple Health	Nutrition, Sleep, Mental Health Exercise, Sleep, Mental Health Exercise, Sleep, Mental Health Exercise, Hydration, Husel it to track my period Exercise, Nutrition, Hydration, Sleep, Mental Health Exercise, Nutrition, Sleep, Mental Health, Lifeshje Exercise, Sleep	Seeing progress visually, Boolal accountability (prog- Seeing progress visually, Inago prevads (celtievem Seeing progress visually). Seeing progress visually, Seeing progress visually, Celting reminders Seeing progress visually, Celting reminders, Seeing progress visually, Seelal accountability (prog- Seeing progress visually, Getting reminders, Inago). Seeing progress visually, Getting reminders, Inago). Seeing progress visually, Getting reminders.	30-40 30-40	No Yes No Yes	Somewhat important Somewhat important Neutral Vey important Somewhat important Not important Not important Vey important Somewhat important Somewhat important Not important Not important Not important Not important Not important	No, I have never used one. Yes, It's too easy to say I've done something without Yes, inaccuracy and not personal Yes, inaccuracy and not personal Yes, myfitnesspal. Had an unbealthy relationship w I stopped using the default one on the phone when Yes, because of monthly subscriptions and lack of	gradual but visual growth tracking features If using it, it feat and depart take a bunch of extra t t would love to be able to find a way to actually built Visual aesthetics, data, and ideas on how to improv Unsual aesthetics, data, and ideas on how to improve the improvement aesthetics, data, and ideas on how to improve the improvement aesthetics, data, and ideas on how to improve the improvement aesthetics, data, and ideas on how to improve the improvement aesthetics, data, and ideas on how to improve the improvement aesthetics, d
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