

# Health Monitoring

In general, how physically active are you? \*

Not at all

0

1

2

3

4

5

6

7

Very much

How many hours of active workout do you do per week (e.g., gym, running, sports)? \*

e.g., 2

Next

# Health Monitoring

**Do you use a device that can monitor any of the following? \***

Many electronic devices, like smart watches, sports sensors (FitBits) or medical devices, can detect bodily signals such as heart rate, sleep quality, etc.

- ☐ Heart rate
- ☐ Number of steps
- ☐ Calories burnt
- ☐ Calorie intake
- ☐ Sleep quality
- ☐ Weight (including with a regular scale)
- ☐ None
- ☐ Other

Previous

Continue

# Health Monitoring

How often do you check your heart rate? \*

Never

Very rarely

A few times per week

Once a day

A few times per day

A few times per hour

How important is this information about your body to you?

Not at all

0

1

2

3

4

5

6

7

Very much

Previous

Next

# Health Monitoring

How often do you check your number of steps? \*

Never

Very rarely

A few times per week

Once a day

A few times per day

A few times per hour

How important is this information about your body to you?

Not at all

0

1

2

3

4

5

6

7

Very much

Previous

Next

# Health Monitoring

How often do you check your number of calories burnt? \*

Never

Very rarely

A few times per week

Once a day

A few times per day

A few times per hour

How important is this information about your body to you?

Not at all

0

1

2

3

4

5

6

7

Very much

Previous

Next

# Health Monitoring

How often do you check your calorie intake? \*

Never

Very rarely

A few times per week

Once a day

A few times per day

A few times per hour

How important is this information about your body to you?

Not at all

0

1

2

3

4

5

6

7

Very much

Previous

Next

# Health Monitoring

How often do you check your sleep quality? \*

Never

Very rarely

A few times per week

Once a day

A few times per day

A few times per hour

How important is this information about your body to you?

Not at all

0

1

2

3

4

5

6

7

Very much

Previous

Next

# Health Monitoring

How often do you check your weight (including with a regular scale)? \*

Never

Very rarely

A few times per week

Once a day

A few times per day

A few times per hour

How important is this information about your body to you?

Not at all

0

1

2

3

4

5

6

7

Very much

Previous

Continue