

Wearable Device Usage

Do you own 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
- ☐ Respiratory rate
- ☐ Other

How important are these information about your body to you?

Not at all 0 1 2 3 4 5 6 7 Very much

How often do you check your heart rate? *

Very rarely

A few times per week

A few times per day

A few times per hour

Whenever I have the occasion