Fitness environment:

FE1:

Are you willing to exercise outdoors?

A.Very unwilling

B.Unwilling

C.Neutral

D.Willing

E.Very willing

FE2:

How far is your preferred exercise location from your residence?

A.Very close ( Less than 1 km )

B.Close ( 1 – 2 km )

C. Moderate distance ( 2 – 5 km )

D. Far ( 5 – 10 km)

E. Very far ( More than 10 km)

FE3:

Are you willing to exercise in places with others present?

A.Very unwilling

B.Unwilling

C.Neutral

D.Willing

E.Very willing

Social influence:

SI1:

Do you prefer to exercise with others?

A.Very disagree ( Always exercise alone )

B.Disagree ( Mostly exercise alone )

C.Neutral ( Sometimes alone, sometimes with others )

D.Agree ( Mostly with others )

E.Very agree ( Always with others )

SI2:

Do you think having someone to accompany you can improve your motivation to exercise?

A.Very disagree

B.Disagree

C.Neutral

D.Agree

E.Very agree

SI3:

Have you ever shared your fitness activities on social media?

A.Never

B.Rarely

C.Sometimes

D.Often

E.Always

SI4:

Do you feel encouraged when you see others sharing their fitness activities on social media?

A.Very disagree

B.Disagree

C.Neutral

D.Agree

E.Very agree

SI5:

Would you like to join a fitness community or group?

A.Very unwilling

B.Unwilling

C.Neutral

D.Willing

E.Very willing

Fitness history:

FH1:

How long does an exercise session last in average?

1. Very short ( 0 – 30 min )
2. Short ( 31 – 60 min )
3. Medium ( 61 – 90 min )
4. Long ( 91-120 min )
5. Very long ( More than 120 )

FH2:

Have you participated in regular sports training?

A.Never

B.Rarely

C.Sometimes

D.Often

E.Always

FH3:

How many times do you exercise per week?

1. Never ( 0 times )
2. Rarely ( 1-2 times )
3. Sometimes ( 3-4 times )
4. Often ( 5-6 times )
5. Always ( 7 or more times )

Health status:

HS1:

How do you rate your overall health?

A.Very poor

B.Poor

C.Average

D.Good

E.Very good

HS2:

How would you rate your physical condition?

A.Very poor

B.Poor

C.Average

D.Good

E.Very good

HS3:

In the past year, have you been unable to engage in regular physical activity due to health issues?

A.Always

B.Often

C.Sometimes

D.Rarely

E.Never

Perceived ease of use

PEOU1:

16.I think the app’s functions are easy to use.

A. Strongly Disagree

B. Disagree

C. Neutral

D. Agree

E. Strongly Agree

PEOU2:

During the experiment, I feel it easy to reach my step count goal.

A. Strongly Disagree

B. Disagree

C. Neutral

D. Agree

E. Strongly Agree

Perceived usefulness

PU1:

I think using a fitness app is an effective way for me to maintain my fitness routine.

A. Strongly Disagree

B. Disagree

C. Neutral

D. Agree

E. Strongly Agree

PU2:

The app had a positive impact on my fitness habits.

A. Strongly Disagree

B. Disagree

C. Neutral

D. Agree

E. Strongly Agree

PU3:

How would you rate the design of the app?

A.Poor

B.Fair

C.Good

D.Very Good

E.Excellent

Continunous use behaviour:

CUB:

Completion rate of step-by-step goals

|  |  |  |
| --- | --- | --- |
| Constructs | Items | Measurement |
| Fitness environment | FE1 | Are you willing to exercise outdoors? |
|  | FE2 | How far is your preferred exercise location from your residence? |
|  | FE3 | Are you willing to exercise in places with others present? |
| Social influence | SI1 | Do you prefer to exercise alone? |
|  | SI2 | Do you think having someone to accompany you can improve your motivation to exercise? |
|  | SI3 | Have you ever shared your fitness activities on social media? |
|  | SI4 | Do you feel encouraged when you see others sharing their fitness activities on social media? |
|  | SI5 | Would you like to join a fitness community or group? |
| Fitness history | FH1 | How long does an exercise session last in average? |
|  | FH2 | Have you participated in regular sports training? |
|  | FH3 | How many times do you exercise per week? |
| Health status | HS1 | How do you rate your overall health? |
|  | HS2 | How would you rate your physical condition? |
|  | HS3 | In the past year, have you been unable to engage in regular physical activity due to health issues? |
| Perceived ease of use | PEOU1 | I think the app’s functions are easy to use. |
|  | PEOU2 | During the experiment, I feel it easy to reach my step count goal. |
| Perceived usefulness | PU1 | I think using a fitness app is an effective way for me to maintain my fitness routine. |
|  | PU2 | The app had a positive impact on my fitness habits. |
|  | PU3 | How would you rate the design of the app? |
| continunous use behaviour | CUB | Achievement of step-by-step goals |