

Experiences with workout tracking apps

Informed Consent

Background and purpose of the study:

This survey serves as a part of a master thesis project in regards to tendencies with workout and exercise applications. The goal of this experiment is to research personal preferences around different parts of existing workout tracking apps.

The study complies with Norwegian data protection laws and participation in the study is anonymous. Your data will solely be used for research purposes in the specific master project, and after the master thesis study is complete, all data collected will be deleted.

My supervisor is Mariusz Nowostawski and you can find his contact information on <https://www.ntnu.edu/employees/mariusz.nowostawski> if you have any specific questions to him regarding the study.

Voluntary participation:

Participation in this study questionnaire is fully voluntary. You may choose to withdraw at any point during the study or after the study is completed.

Withdrawing from the study does not require any explanation or reasoning. If you choose to withdraw, all of your data from your participation will be deleted.

If you have any questions or wish to withdraw, you can contact me by e-mail: nikolaaa@stud.ntnu.no


Do you want to participate in this study? *

- ☐ Yes
- ☐ No

 Page break

Demographics Questionnaire

Age

-  This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"
- ☐ 18-24
- ☐ 25-30
- ☐ 31-40
- ☐ 41-50

- ☐ 51-60
- ☐ 61-70
- ☐ 71+
- ☐ Prefer not to say

Sex

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This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

 - ☐ Female
 - ☐ Male
 - ☐ Prefer not to say

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Exercise importance and behaviour

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This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

How important is exercise to you?

	1 (not important)	2	3	4	5	6 (very important)
How important is exercise to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do you exercise?

- i

This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

Exercise could be going on a hike, running, bicycling, swimming, skiing, sport activities, etc.

- ☐ About every day
- ☐ 4-5 times a week
- ☐ 2-3 times a week
- ☐ Once a week
- ☐ Less than once a week
- ☐ Never

How hard do you exercise? (on average)



This element is only shown when the option "About every day", "4-5 times a week", "2-3 times a week", "Once a week" or "Less than once a week" is selected in the question "How often do you exercise?"

- ☐ Calmly without becoming sweaty and losing breath
- ☐ So heavy that I become sweaty and out of breath
- ☐ I go all in, such that I have almost no energy left

How long do you exercise each time? (on average)



This element is only shown when the option "About every day", "4-5 times a week", "2-3 times a week", "Once a week" or "Less than once a week" is selected in the question "How often do you exercise?"

- ☐ Less than 15 minutes
- ☐ 15-29 minutes
- ☐ 30-60 minutes
- ☐ Longer than 1 hour

How many hours in a week do you exercise?



This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

Select ...

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Exercise preferences

Why do you exercise?



This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

Tick off each box you agree with.

- ☐ To lose weight
- ☐ To stay in shape
- ☐ Because I want to build muscles
- ☐ Because exercising is fun

- ☐ Because it makes me feel good afterwards
- ☐ Because I compete in sports
- ☐ Because it is a social activity
- ☐ Other

For what other reason do you exercise?

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This element is only shown when the option "Other" is selected in the question "Why do you exercise?"

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This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

What type of exercises do you prefer?

	1 (not preferable)	2	3	4	5	6 (very preferable)
Running	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cycling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifting weights	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Climbing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skiing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hiking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sport games (football, badminton, volleyball, tennis, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gamified workouts (Kinect, Wii, Mobile Apps, VR, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What type of exercises do you prefer?

i


This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

If there are any exercises you prefer that were not mentioned in the previous question, please list them here.

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Social media and games


How much time do you spend on social media daily? (on average)

 This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

Social media includes platforms such as Facebook, Twitter, Instagram, Snapchat, Web-forums, Reddit, etc.

Select ...


Do you play videogames?

 This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

Tick off each platform you play games on.

- ☐ Computer
- ☐ Video game console
- ☐ Virtual Reality
- ☐ Mobile
- ☐ I do not play any videogames

How many hours in a week do you spend playing videogames? (on average)

 This element is only shown when at least one of the options "Computer", "Video game console", "Virtual Reality" or "Mobile" are selected in the question "Do you play videogames?"

Select ...

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Experience with tracking software and technology



Are you using, or have you previously used workout tracking applications?

i This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

For example mobile applications for tracking workouts, apps for smartwatches that track exercises, general health monitoring apps, or similar technologies.

- ☐ Currently using
- ☐ Have used in the past
- ☐ Never used

When using workout tracking apps, how often did you use it?

i This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

- ☐ Daily
- ☐ Weekly
- ☐ Monthly
- ☐ Less than monthly


Over how long time period have you used an exercise tracking application?

i This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

- ☐ Less than 2 weeks
- ☐ 2-4 weeks
- ☐ 1-3 months
- ☐ 3-6 months
- ☐ 6-12 months
- ☐ More than a year


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Which of the following workout tracking applications do you have experience with?

 This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

- ☐ Strava
- ☐ Garmin
- ☐ Polar
- ☐ Fitbit
- ☐ Google Fit
- ☐ Apple Fitness+
- ☐ adidas Running App
- ☐ MapMyRun
- ☐ Lifesum
- ☐ Zepp
- ☐ Gaming fitness app (Wii, Kinect, VR, etc)
- ☐ Other

What other workout-tracking applications do you have experience with?

 This element is only shown when the option "Other" is selected in the question "Which of the following workout tracking applications do you have experience with?"

Which exercise tracking app have you used the most?



This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

What motivated you to use this particular tracker compared to other trackers?



This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"



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For what reasons have you utilized exercise trackers?



This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

Tick off each box you agree with.

- ☐ It motivates me to exercise
- ☐ I like to analyze my workouts
- ☐ I like to see my personal exercise progress
- ☐ I like to see my personal statistics
- ☐ I like the social aspect (sharing and comparing with friends)
- ☐ Because I like to compete against others
- ☐ Because I like to compete against myself
- ☐ I like to see how many calories I have burned
- ☐ Other

For what other reasons have you utilized exercise trackers?



This element is only shown when the option "Other" is selected in the question "For what reasons have you utilized exercise trackers?"

Which of these health monitoring features have you utilized in your tracker?

This element is only shown when the option "Currently using" or "Have used in





the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

Tick off each feature you have used or are actively using.

- ☐ Sleep tracking
- ☐ Calorie tracking (of food)
- ☐ Eating habits tracking
- ☐ Workout recovery tools
- ☐ Heart-rate monitoring



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What fitness tracking technology have you utilized?



This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

Tick off each box that you have used or actively are using for tracking.

- ☐ Fitness tracking watch
- ☐ Smart watch
- ☐ Mobile app
- ☐ Wrist band
- ☐ Game technology (VR, Kinect, Wii, etc)
- ☐ Exercise machine (Treadmill, rowing machine, exercise bike, etc)
- ☐ Chest strap
- ☐ Heart-rate monitoring
- ☐ Other

What other fitness tracking technology have you utilized?



This element is only shown when the option "Other" is selected in the question "What fitness tracking technology have you utilized?"



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What made you start using the exercise tracker(s) you used?

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This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

Tick off each box you agree with.

- ☐ A friend recommended it to me
- ☐ I was bored
- ☐ I wanted to exercise more
- ☐ I wanted to improve the effectiveness of my workouts
- ☐ I wanted to use it to compete with friends
- ☐ I wanted to make my workouts feel more like a game
- ☐ Other

What other reason made you start using the exercise tracker you used?

i

This element is only shown when the option "Other" is selected in the question "What made you start using the exercise tracker(s) you used?"

Page break

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This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

Importance of features in exercise tracking apps

Below are listed several features of exercise tracking apps, rate how important different features are to you if you were to utilize an exercise tracking app.

	1 (not important)	2	3	4	5	6 (very important)
Notifications reminding me to exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Graphs displaying my performances in exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The ability to set and track personal goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being able to compare my performance with others/friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Being able to see how many calories I have burned in a workout	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Receiving workout tips and explanations on how to do specific workouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal workout statistics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


 This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

Have you ever been concerned about how your personal data is managed in the application?

Data such as personal workout statistics, personal health, weight, height, etc.


	1 (to a low degree)	2	3	4	5	6 (to a high degree)
Have you ever been concerned about how your personal data is managed in the application?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there any type of data you have been more concerned about than others?

 This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

If so, would you like to specify what type of data?


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 This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

I think workout tracking software can motivate me to exercise


	1 (to a low degree)	2	3	4	5	6 (to a high degree)
I think workout tracking software can motivate me to exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you have any **NEGATIVE** experiences with workout tracking software? Explain.


 This element is only shown when the option "Currently using" or "Have used in

 the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

Do you have any POSITIVE experiences with workout tracking software? Explain.

 This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

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 This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

Exercise tracking app experiences

Below are several statements in regards to exercise tracking apps. Try to the best of your ability to indicate whether they are true or not for your experience with these apps.

	1 (not true at all)	2	3	4	5	6 (very true)
I have previously felt fed up with an exercise tracking app	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt annoyed by constant reminders from my exercise app	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think using an exercise tracker improves my workout schedule	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been concerned about the privacy of my data in an exercise tracker app	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think I am more motivated to exercise by myself than from an app	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have pushed my limits greater in workouts because of an exercise app	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I feel good if I see that I perform better than others in the app

☐

☐

☐

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☐

Looking at my own previous performances makes me want to beat my own previous records

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The app has made me go on a workout I would not have done without it

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I feel bad if I see that I perform worse than others in the app

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When you used a workout tracking app (now or previously), how many times did you go on a workout because the application influenced you to do so?



This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

- ☐ Almost every day
- ☐ A few times a week
- ☐ Once a week
- ☐ Less than once a week
- ☐ Never



This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"

When an app notifies me that a friend of mine has performed better than me, I am motivated to go out and perform better than them in the exercise

1 (not true at all)

2

3

4

5

6 (very true)

When an app notifies me that a friend of mine has performed better than me, I am motivated to go out and perform better than them in the exercise

☐

☐

☐

☐

☐

☐



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Are you still actively using workout tracking apps?



This element is only shown when the option "Currently using" or "Have used in the past" is selected in the question "Are you using, or have you previously used workout tracking applications?"



Yes



No

Why did you quit using workout tracker apps?



This element is only shown when the option "No" is selected in the question "Are you still actively using workout tracking apps?"

Tick off each box you agree with.



The application did not allure to me anymore



I was tired of working out



I was annoyed by having constant reminders telling me to work out



None of my friends were using the application anymore



I achieved all the goals I wanted to with the application



The application was boring to use



I was afraid of how my personal data was handled



Other reason

For what other reason did you quit using workout tracker apps?



This element is only shown when the option "Other reason" is selected in the question "Why did you quit using workout tracker apps?"




This element is only shown when the option "No" is selected in the question "Are you still actively using workout tracking apps?"

Since you stopped using your workout tracker, how much do you now exercise?


	1 (a lot less than when I used the app)	2	3	4	5	6 (much more than when I used the app)
Since you stopped using your workout tracker, how much do you now exercise?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Is there any specific reason to why you have not used any workout tracking apps before?


 This element is only shown when the option "Never used" is selected in the question "Are you using, or have you previously used workout tracking applications?"

If so, explain.

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 This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

Study interest

 This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

As previously explained, this questionnaire is part of the author's master thesis work.


He is also seeking participants for a longer study-experiment with some software he has been developing. The study will last over a 2 week period. There will not be activities every day, but a total of 4-6 activities to be done over the course of these two weeks.

In return, you might get some new insights into personal habits and your contributions will help in the present area of research.

Additionally, 4 gift cards (500 NOK each) will be given away in a random raffle to participants of this longer study experiment. Participating will grant you a chance to win one gift card.

Participation will be totally optional and your data will be fully anonymous. If you decide that you are interested in receiving more information about the said study, you will be contacted by me for more information and can on a later date make a decision if you decide to participate or not.


Do you wish to be contacted for more information on the longer study experiment?

 This element is only shown when the option "Yes" is selected in the question "Do you want to participate in this study?"

☐ Yes


☐ No

Do you have personal access to VR equipment?

 This element is only shown when the option "Yes" is selected in the question "Do you wish to be contacted for more information on the longer study experiment?"


- ☐ Yes
- ☐ No

What type of VR equipment do you have access to?

- 


This element is only shown when the option "Yes" is selected in the question "Do you have personal access to VR equipment?"
- ☐ HTC Vive
- ☐ Oculus
- ☐ Playstation VR
- ☐ Smartphone VR
- ☐ Other

What other type of VR equipment do you have access to?

- 

This element is only shown when the option "Other" is selected in the question "What type of VR equipment do you have access to?"

Are you located in the Gjøvik area?


- 

This element is only shown when the option "No" is selected in the question "Do you have personal access to VR equipment?"

If you do not have access to personal VR equipment, it might be possible to conduct experiments at the NTNU Campus in Gjøvik.

- ☐ Yes
- ☐ No

Contact information

- 

This element is only shown when the option "Yes" is selected in the question "Do you wish to be contacted for more information on the longer study experiment?"

If you wish to be contacted to potentially participate in a longer study please contact me on my e-mail: nikolaaa@stud.ntnu.no or describe a way for me to contact you.

Do not use personally identifiable information.

Survey Submission

If you have decided you do not wish to participate in this study, you can now choose to close your browser and none of your questionnaire answers will be used.

If you still wish to participate, you can submit your survey by pressing the **send** button below.

Thank you for your time.

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