

1. Name scott	2. Age 39	3. Gender Male	4. Highest level of education completed Some college	5. Occupation Call Center	6. Mobile device platform preference Android	7. Technology comfort level 10	8. Target amount of weight you aim to lose 20	9. What is the main reason for wanting to lose weight feel better	10. What are your biggest challenges/pitfalls/barriers to losing weight money to eat right,	11. How often do you weigh yourself Only at the doctors	12. Are you currently being followed by a doctor or nutritionist for weight loss No	13. Have you considered or gone through weight loss surgery No	14. Are you subscribed to a weight loss plan No	14-1. If yes which one
Darlene	63	Female	College	I.T Support	Android	9	30	Health	Motivation	Weekly	No	No	No	
Laura L	37	Female	College	Office administrator	iOS (Apple)	9	15	Healthier weight for height, better self-image	Portion control, consistency (with tracking, exercise, etc)	Weekly	Yes	Yes	No	
Charleen Bobby	45 35	Female Male	University University	Chiropractor Business Owner	iOS (Apple) Android	5 10	20 30	Prevention of health issues Health	Overeating (portion control) Time	Weekly Weekly	No No	No No	Yes No	Weight watchers
Gerry	71	Male	University	Retired	iOS (Apple)	5	15	Health	Lack of sustained will power	Only at the doctors	No	No	No	
Maryanne	54	Female	Some college	Billing Manager		10		Health	Accountability Not enough meal planning, prep and tracking. Need to be more active.	Only at the doctors	No	Yes	No	
Jenn JANE	48 32	Female Female	Some college High school	Public Servant	iOS (Apple) Android	10 8	40 200	Health		Daily Monthly	Yes Yes	Yes Yes	No No	
JANE	54	Female	University	Disability	Android	6	30	Better health and mobility	Fibromyalgia and depression and the meds cause weight gain	Weekly	Yes	Yes	Yes	Through weight loss clinic
JANE	48	Female	College	Office admin	iOS (Apple)	8	40	Health		Only at the doctors	Yes	Yes	No	
Sheila wadham	56	Female	College	Early Childhood educator	Other	4	200	Health	Medication	Monthly	Yes	Yes	No	
Christine R	42	Female	University	Director of Procurement / Chartered Accountant	iOS (Apple)	8	45	Health / activity level for son / vanity	Emotional eating / knowing what to eat / accountability / motivation / finding an easy plan	Weekly	Yes	Yes	No	Had surgery 3 years ago. Not currently on plan
Rita	31	Female	College	Office Assistant	iOS (Apple)	8	60	Diabetes	Boredom	Weekly	Yes	Yes	Yes	BMI
Kristy	33	Female	University	Library Tech.	iOS (Apple)	8	50	Health	I'm terrible with my diet	Daily	Yes	Yes	No	
Jennifer	51	Female	College	CSR	iOS (Apple)	7	100	health	Meal prep, eating at work	Monthly	Yes	Yes	No	
MJ	31	Female	College	Bank Teller	Android	8	130	health (shed highblood and cholesterol meds)	Self control	Only at the doctors	Yes	Yes	No	
Brenda	65	Female	Some college	Kitchen help	iOS (Apple)	5	70	health	I like chocolate too much	Daily	Yes	No	No	It is not a diet. It is a lifestyle change
Nancy	38	Female	College	Education	Android	8	50	Life time struggle. Save weight on joints. Health.	Heredity. Body not working... absorbing good... storing the bad. Mental health.	Weekly	Yes	Yes	No	
Heather yolkowskie	53	Female	University	Public health nurse	iOS (Apple)	7	20	Feel better mentally and physically	Cravings for sugar	Daily	Yes	Yes	No	
Line	51	Female	College		iOS (Apple)	6	60	Chronic pain and health	Commitment	Daily	Yes	Yes	No	
Kathy Sue	35 59	Female Female	Some college Some college	Administration Retired	iOS (Apple) Android	6 5	15	health Health and self esteem	Food and no motivation	Weekly Daily	Yes Yes	Yes Yes	No Yes	
Lucie C	36	Female	University	RN/admin	Android	7	100	Health	Stress/emotional eating, eating habits of others in household	Monthly	Yes	Yes	No	
Chris	43	Male	College	Phlebobotomist	iOS (Apple)	9	45	I didn't like how I looked or how it made me feel	Sweets	Daily	Yes	Yes	No	
Starr	31	Female	College	Stay at home mom	iOS (Apple)	10	100	Kids	Energy	Weekly	Yes	Yes	No	
JANE		Female	University	Government Employee	iOS (Apple)	10	50	Health	Bad habits, food cravings, lack of will power	Only at the doctors	No	Yes	No	
Monique	40	Female	Some university	Administration	iOS (Apple)	9	40	Health	Portion control, snacks, exercise and support group	Monthly	Yes	Yes	No	
Melanee	57	Female	College	Nurse	Android	8	150	Health	No willpower	Weekly	Yes	Yes	No	
Kathryn	47	Female	University	Government Facility Manager of Retirement Home	iOS (Apple)	7	30		Sugar	Monthly	No	Yes	No	
Lorraine	52	Female	High school		Other	4	100	health	No energy	Only at the doctors	No	Yes	Yes	Bariatric
Stacey Periard	35	Female	College	Medical office administrator	Android	10	100	health	Medical conditions	Daily	Yes	Yes	No	
Jo	49	Female	High school	Care attendant	Android	5	140	Feel better, be healthier, look better, live longer	Food	Weekly	Yes	Yes	No	
Dayle	50	Female	College	Financial analyst	Android	10	50	Health and looks	Willpower, laziness, options for healthy foods while out	Only at the doctors	No	Yes	No	
Alicia Luna	29	Female	University	Teacher	iOS (Apple)	9	60	More energy, relieve pain	Back pain, bad eating habits	Monthly	No	Yes	No	
Lana Burchert	58	Female	College	Medically Retired	iOS (Apple)	10	120	Health	Medication needed to be taken for chronic illnesses	Weekly	Yes	Yes	Yes	Roux N Y surgery Ottawa Weight Loss Clinic
Jodi Brennan	42	Female	College	Stay at home mom	iOS (Apple)	8	20	Health	PCOS	Monthly	Yes	Yes	No	
Kim	38	Female	College	Vocational Rehabilitation Counselor	iOS (Apple)	8	15	Health	Busy, don't meal prep enough so I eat out too often	Weekly	Yes	Yes	No	
Kate	30	Female	University	Analyst	iOS (Apple)	8	20	Self esteem	Sticking to a healthy eating plan	Weekly	Yes	Yes	Yes	Post op patient of gastric bypass surgery (almost 5 years out, so not sure if that would still count)
JANE	42	Female	College		iOS (Apple)	7		Health	Health lack of exercise lack of self control when I'm hungry I like the taste of fattening food	Daily	Yes	Yes	No	
Linda Lichty	64	Female	High school	Retired	Android	5	10	Self esteem		Weekly	No	No	No	
Emilee Whissell	27	Female	University	Government administration	Android	8	25	Body image and lack of controlled eating when upset.	Emotional eating.	Daily	No	No	No	none
Nat	37	Female	College	Graphic design	iOS (Apple)	8	115	Health	Food and junk food addiction	Daily	Yes	Yes	Yes	Waiting for bariatric surgery at the civic
Christina	44	Female	College	Business Analyst	iOS (Apple)	10	40 pounds	Health reasons. Already lost 55	Tracking my intake	Weekly	Yes	Yes	No	
JANE	41	Female	College	Retail	iOS (Apple)	10	200 lbs	Health and to live	I plateau then gain back despite changes made then give up over and over	Weekly	Yes	Yes	No	Diet for life after my surgery
Andrea	47	Female	University	Teachee	iOS (Apple)	10	50	Health	Stress	Daily	No	Yes	No	

14-2. If yes how has your experience been	14-3. If not is there a reason why never tried it	15. Do you have any standing medical conditions that may affect your weight Maybe	15-1. If yes please describe	16. Are there any dietary restrictions your adhere to Lactose free	17. How often do you eat out Weekly	18. Who is the primary cook at home me	19. What diets have you tried in the past	19-1. How was your experience with these diets	20. Do you sometimes eat when you're not really hungry Never	21. Do you pay attention to portion control No	21-1. If yes how so	If we have any other questions may we contact you by email? (if so reply with your email, otherwise leave blank) scottmussion09@gmail.com
		No			Weekly	Both myself and my husband	Weight Watchers	Successful, just didn't continue	Occasionally	Occasionally	Measuring	longchampsdar@gmail.com
	I was subscribed to several in the past (LA Weight Loss, Weight Watchers, etc) but was unable to maintain the weight loss after stopping the program	Yes	Hypothyroidism	Low sugar	Weekly	Me	Atkins, South Beach, Weight Watchers, Biggest Loser, Gluten Free	With most of them I lost very little. Some of them I lost more but couldn't maintain the weight loss after stopping. The one that was great was the gluten free but I did that for medical reasons rather than weight loss so I felt better when gluten free.	Frequently	Occasionally	I have a food scale but I also use measuring cups/spoons and count items (bread, lunch meat, crackers, chips etc) based on portion sizes	Longchamps Moses@gmail.com
Very good		No			Weekly	Me	Weight watchers	Good	Occasionally	Occasionally	I do portion control only when I follow the weight watchers plan	Chirocharleen@gmail.com
		No			Weekly	Me			Occasionally	No		
		No			Weekly	Shared with spouse	Atkins/eating less	Atkins worked well but not sustainable.	Occasionally	No		
		No		Lactose free	Rarely	Me			Occasionally	Yes	Use markers - like my pain - to determine appropriate portions	
		Maybe	Taking hormones to regulate menstrual issues	Keto	Weekly	Me	Weight watchers	Lost very little weight	Occasionally	Occasionally	Kitchen scale when meal prepping at home	jennexca@gmail.com
		Yes			Weekly	Me			Rarely	No		
Positive. Lost 95lbs. from surgery. Some remain due to medication changes		Yes	Fibromyalgia and depression	High protein, low complex carbs	Daily	Me	Cabbage soup, Weight Watchers	Positivewith weight watchers but had trouble maintaining. Soup diet was a failure once I started eating regular food	Occasionally	Yes	Measure my food	
	Haven't found one I like	No		Low carb	Rarely	Husband					I eat off smaller dishes and I used to measure and weigh	
	Had gastric bypass surgery	No			Monthly	Me	Many many	Failure	Occasionally	Yes	Recommend potions	s.m.wadham@gmail.com
		Yes	Hypothyroid, crohns, low cortisone	Lactose free, Keto, Lazy keto / low gluten	Weekly	Me	WW, Atkins, paleo, fasting, isagenix	Ok	Occasionally	Yes	Scale	Christine.ann.robitaille77@gmail.com
		Yes	Thyroid		Weekly	Me	All	Failed	Frequently	Yes	Scale in grams	
	Cost	Yes	Thyroid and diabetes	Food allergies to various things	Weekly	Me	Paleo; keto; weight watchers	Hard to stick to	Occasionally	Occasionally	Scale; hand; bowl size	Terry.kristy.leigh@gmail.com
	Just had bariatric surgery	No			Daily	Me	WW	Favourable	Rarely	Yes	Scale/portion sizing	
	I had weight loss surgery	No			Monthly	Me	All of them!	Worked on short term Good if you stick with them but once you go off, gain the weight back plus more	Frequently	Yes	I have containers to help me	
Have lost 50 pounds since my heaviest weight		No		No	Rarely	Me	Everything		Occasionally	Yes	Good scale and measuring cups for portion control	
		No			Monthly	Me	Curves meal plan. Just healthy life style no diet in particular.		Rarely	Yes	Scale, Measuring cups, Knowledge	
	In my lifetime i have been on any and every diet. I have been successful but unable to maintain. Gastric bypass gave me a fresh start. I am 4 years out and struggling the same behaviours that i always have. This time i am trying not to get out of control. I am working with LEAF on maintenance and i am veing pretty successful	No			Monthly	Me	Weight watchers herbal magic optfast diet centre keto dr. burnstein dr Atkins... the list goes on and on	I lost weight but could not maintain the loss. Twice lost a hundred pounds	Occasionally	Yes	Weigh and measure food. Select foods that are low fat abd low carb	heather-paul@sympatico.ca
		No			Weekly	Husband	Herbal life, ww	Good but regain after	Occasionally	Yes	Because of surgery can't eat more	
	Wouldn't follow it	No			Weekly	Me	Jenny Craig, WW	No lasting success	Frequently	Yes	Recommended portions	
		Maybe			Weekly	Husband	WW,	Not satisfying	Frequently	Occasionally		
	Cost (for most), followed by clinic post-op bariatric surgery	Yes	Depression (meds taken for it and motivation/energy), hereditary disposition to overweight, chronic back pain post-injury		Weekly	Spilt with spouse	Weight watchers, LA weight loss, diet plan through gym	Ok in the beginning but eventually real life takes over and old habits start again	Occasionally	Occasionally	Recommended portions from weight clinic mostly, as well as stopping when not hungry anymore rather than eating "normal" portions	Lucie_chiasson@hotmail.com
		No			Rarely	Me	Portion control and exercise	Worked great till I stopped	Rarely	Yes	Scale and portion control	chrissread@hotmail.ca
	Money	Maybe			Weekly	Me			Occasionally	Occasionally		
		No		Keto	Weekly	Me	All of them. Weight watchers, nutri system, cabbage soup, TOPS, Atkins, chemical reaction diet, diet for your blood type, dr Bernstein.	Not successful longtime	Frequently	Yes	Scales	
		Maybe	Low iron, low blood pressure, herniated disk and stomach		Weekly	Me			Occasionally	Occasionally	Weight scale, portion control	
	No	No		Lactose free	Monthly	Me	Keri, weight watchers	Loved them both, just have no staying power.	Occasionally	Yes	Small plate	melaneehappy@yahoo.ca
	Had gastric bypass.	No			Weekly	Me	Atkins	Was not sustainable	Occasionally	Yes	Recommended	L
		Yes	High B/P, Cpap machine		Weekly	Me	Weight Watchers, Ideal Protein	No good	Occasionally	No		
	I had Roux En Y surgery August 2018 I've lost 169lbs	Yes	Hypothyroidism, cardiomyopathy, cpod, depression/anxiety, fibromyalgia		Weekly	me	Body by Vi	Not great	Rarely	Yes	I listen to my new stomach never over eat to he point that it hurts	
	Usually costs \$\$	No			Monthly	Me			Rarely	Yes	Weigh with scale, use measuring cups	
	Financial	Yes	Depression and menopause		Weekly	me	WW, Jenny Craig, paleo	Short term results but regain	Frequently	Yes	Look, recommended portions	daylemp@gmail.com
	I have done the surgery route, 2 years ago, and am looking for further strategies to stop weight regain	Maybe	Polycystic ovarian syndrome		Daily	me	Bernstein, weight watchers	Positive, always lost weight but regained	Occasionally	Yes	Balanced plate.	Yes
Wonderful		Yes	Ulcerative Colitis/ Fibromyalgia		Monthly	me	WW, Tops	Yo-yo	Rarely	Yes	Scale & clinic portion recommendations	lgburcher@live.com
		Yes	Hormonal imbalances (insulin resistance)	Low carb/high protein	Rarely	Me	Atkins	Was successful. Yet didn't hit a low weight, and hard to maintain	Occasionally	Yes	Recommended portions	
	I just eat healthy most of the time	No			Weekly	Me	Atkins, keto, TOPS, WW	Great but I always gained back more than I lost	Rarely	Yes	Weigh and measure my food	Kim.fortune@hotmail.ca
Very little to no side effects, no restriction to the amount of sugar fat or carbs that I can consume. Can also still eat a relatively large quality of food and still have strong hunger signals.	Have tried some medication based therapies with little to no desired effect or unmanageable side effects.	No			Monthly	Me	Weight watchers, low carb		Occasionally	Occasionally	Tracking portions and macros	
	Following surgery guidelines	Yes	Pcos diabetes		Monthly	Shared	All of them.	Overall negative. Lead to further disordered eating.	Rarely	Yes		
	Not that comitted	No			Weekly	Me	Weight Watchers	OK	Occasionally	Occasionally	recommended portions from Weight Watchers	lindalichthy@gmail.com
	I dont want to depend on a program. I like to think it's a hurdle i can overcome myself.	No	perhaps mild depression. Depression, insomnia, Chronic pain. Maybe pcos-undiagnosed	Ibs so lots of healthy stuff I can't eat	Weekly	me and mother	keto, plant-based, calorie counting	all were successful the first time around, but with time they get boring and i no longer adhere to them.	Frequently	Yes	I will count calories most of the time.	
Good so far but the wait is long	Canada health, not going to complain. It's free!	Yes			Weekly	Me	Atkins, WW, Love it app	Good but gained t back everytime	Frequently	Occasionally	When I'm good yes I use a scale or measuring cup	Gnat.biz@gmail.com
	I have been given great tools from a dietitian	Maybe	Sleep apnea, hypothyroidism	High protein but I don't omit any other food groups	Monthly	Me	Weight watchers, herbal magic	I liked weigh watchers but failed to keep up with tracking. I quit herbal magic as I was diagnosed with Graves' disease at the time.	Occasionally	Yes	Scales and measuring cups and spoons	Stimaberry@gmail.com
Amazing		No		Islamic beliefs/no pork	Rarely	Me	WW, Jenny Craig, keto, salad only, cabbage soup	Some results then plateau	Rarely	Yes	Weigh and measure as well as stick to 1200 cal/60g protein and 10g or less of sugar and fat per meal	Yes!
		No			Weekly	Me	Bernstein, WW, slimfast, surgery	Bernstein was successful for short time but very expensive to maintain. Surgery was successful for 150 lbs loss but need to stop regain.	Occasionally	Occasionally		andrea_morrison@rogers.com

Do you have any questions, comments or anything else you would like to add	22. Do you currently use any apps to track your health	22-1. If so which ones do you currently use	23. What features are most beneficial to you	24. What features are missing from the app you use	25. Are there features you would like to be more detailed (explain)	26. Are there features you would want simplified (explain)	27. What are your least favorite features of health tracking apps	28. How often do you use a health tracking app	22-2. Which ones have you tried and no longer use	22-3. Why did you stop using the ones you no longer use	29. What features would help you use the app more frequently
I seem to stick to a plan for three months and then stop. Think about how to keep me motivated longer.											
	Yes	My Fitness Pal and Fitbit	Food tracking, step-exercise entry, logging weight	I cannot figure out how to get my exercise tracking from my Fitbit into My Fitness Pal!!!	I wish the exercise tracking in MFP was detailed like in FITBIT	I wish the food database in MFP didn't allow people's entries to go into the general database because there are too many options at times and many are American ones where the nutritional info is slightly different than in Canada.	It feels time consuming, it want something quick and easy	Multiple times a day			Simplified food logging.
Looking forward to the final product											
I would be interested in UX testing or beta testing an app	Yes							Daily			
	No		Tracking protein and calories	None	No	No	Inputting recipes	When I remember	Myfitnesspal	Got tired of daily logging and having to input recipes	Easier way to input new recipes
	No		Menu planning, food tracking macros, recipes						Baritastic	Hard to use, time consuming	
	No		Recipes	Help from a person	Advice on help or groups	Most all	Counting calories	When I remember	Weight watchers and simmer workd	The apps where to confusing	Easy understanding
I would love to be involved with trialing with app. As a bariatric patient, this is something we definitely need	No		Tracking protein/calories/sodium/fat	Macros	Simple meal plans	Macros		When I remember	My fitness pal	Motivation	
	Yes	My Fitness Pal	Calories and Protiens				Weekly reminders to weight in	Multiple times a day			
	Yes	My fitness pal		I need someone to check in with me			The recipes get garbled	When I remember	Eat this much	Changed lifestyle	
	Yes	My Fitness Pal	Step tracking, nutrition tracking, exercise tracking, easy to use					Daily			
	Yes	My Fitness pal	They calculate protein, fiber and carbs	Na		More options to calculate portions		When I remember			
	No	Something like a fit bit	My steps					Daily			
	Yes	Monitor your weight						When I remember			
	Yes	Baritastic	Carb fat and protein counter and water logging			Some difficulty tracking recipes they are homemade. Very labour intensive	Time to track meals is a big factor. Seems it could be easier. Honestly there have been times i ate the same thing just so it was easier to track	Multiple times a day	My fitness pal	I just found the baritastic more user friendly	More feedback. More ease of use ability to track when out and sync when home to save data
	No		Free, and easy to use	Nothing	Easy access		Pay access	When I remember	My fitness pal	To much electronic to care about	Me getting focus on the health by using the app
	No		Ease of use	Lack of food options				When I remember	My fitness pal	Lost interest	User friendly
	No										
	No		Tracking weight and calories (easy input of food, scan)				Time it takes to input food	When I remember	Fitness pal, bariatric tracker	Lost motivation, felt guilty when inputting bad intake	
	Yes	My fitness and Fitbit	Steps	None that I can think of		Finding foods when inputting meal	Looking for the foods I'm eating, sometimes to many choices for the same food	Multiple times a day	None		Not sure
	Yes	Baritastic						Weekly			
	No		The scanner-scan the barcode and he information is there.	Customize for me.	Restaurants, being able to scan with your phone bar codes			When I remember	My fitness pal	I couldn't customize it.	Daily reminders
	No		Being able to track quickly and easily	Ease			The length it takes	When I remember	Myfitnesspal	Too long to log	
	No										
	Yes	Fitness pal	List of foods already entered to choose from	Not sure	Not sure		Remembering to enter the info daily	When I remember	Fitness pal	use it only occasionally. Hard to remember to be consistent daily	Maybe reminders.
	No										
Roux En Y was the best thing for me it's really changed my life I'm not only healthier but happier as well. No regrets!	No		Calorie counting and burning		Food intake journal			When I remember	Carrot app	Dont need lo	
	Yes	Baritastic and Fitbit						Multiple times a day			
	No		Calories counting				Logging foods	When I remember	My fitness pal	Tired of logging foods, entering in new foods	
It would be great to earn points	No		Food diary and step tracking		Period prediction integrated so I do t have to keep track on a different app				Lose it! And MyFitnessPal	Switched phones and didn't download	
	Yes	My Fitness Pal	Portion size vs nutritional value	NA				Daily	Nil	NA	
	No										
	Yes	My fitness pal, Fitbit	Weight and step tracking, counts calories for me					Daily			
	No		Scanning barcodes and importing recipes					When I remember	My fitness pal	Didn't want to put in the time to track food. Challenge of tracking homemade food	
	Yes	Fitness pal	Tracking macros	Putting times in for meals			The constant focus on weight loss.	Multiple times a day			
	No										
	Yes	fitbit	nutritional database	nothing comes to mind.	perhaps more Canadian brands (its an american database).	nothing comes to mind.	move reminders.	Daily	myfitnesspal	redundant. fitbit does the same thing.	nothing comes to mind.
Good luck. Algonquin rocks	Yes	Lose it	Lose it has little images of food.	Somewhere to write measurements of body	I'd like to be able to track my poops ☹️			Multiple times a day	My fitness pal, not great for dyslexics		
	Yes	Baritastic	Protein, fibre, fat, carb tracking			Being able to add a new food items barcode rather than hoping the pictures you take to update an app will be done for you	Not being able to scan in a barcode	Multiple times a day	My fitness pal		Barcode scanning and easy addition of new barcodes
	No		Taking measurements, logging foods, workouts, weight	Many local brands and types of foods not recorded	A scale that would link with the app to automatically record weight bone mass, muscle mass, water% in body ect			Daily	My fitness pal and baritastic	Just lost interest in them, not all foods I eat were in the system so it was annoying to calculate	As o mentioned, the food index
	No		Easy to use and track food and exercise				Too complicated		Idk	Hard to understand	