

# Post-study Exergame Group Questionnaire

1. Mark only one oval per row.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
Using the exergame is a fun way to warm up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using the exergame is an exciting way to warm up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The exergame is challenging to play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The exergame is frustrating to play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The exergame is easy to learn to play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The exergame is boring to play.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Mark only one oval per row.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I liked the avatar design.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The in-game (live) scoreboard motivated me to play longer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The possibility to collect more coins motivated me to move more.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I did not care if hit by an obstacle.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The exercise movements induced by coins and obstacles felt intuitive and came naturally.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. I would consider using the exergames in order to warm up before physically more demanding exercise.

Mark only one oval.

- ☐ Strongly disagree  
☐ Disagree  
☐ Neutral  
☐ Agree  
☐ Strongly agree

**4. Which features did you like the most?**

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**5. Which features did you dislike the most?**

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**6. How would you improve the exergame?**

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