

past&present physical activity

Page One

In this survey, we're interested in gathering opinions from people who have ever used applications or devices to track physical activity. We will compensate \$2.00 for completing this survey, which should take approximately 10-15 minutes to fill out.

Physical Activity

Many devices and mobile apps are geared toward tracking physical activity. Examples of devices that track physical activity are **Fitbit**, **Jawbone Up**, and the **Nike Fuel Band**. Examples of mobile apps that track physical activity are **RunKeeper**, **Strava**, **MyFitnessPal**, and **MapMyRun**.

1) Do you currently, or have you previously, owned or installed technology to track your physical activity as defined above?*

☐ Yes

☐ No

Logic: Hidden unless: Question "Do you currently or have you previously owned or installed technology to track your physical activity as defined above?" #1 is one of the following answers ("Yes")

2) Which of the following wearable devices or phone apps that track physical activity are you currently using?

☐ Fitbit

☐ Jawbone Up

☐ Nike Fuel Band

☐ Map My Run

☐ RunKeeper

☐ Apple HealthKit

☐ Other wearable device_a:

☐ Other wearable device_b:

☐ Other wearable device_c:

☐ Other phone app_a: _____

☐ Other phone app_b: _____

☐ Other phone app_c: _____

Logic: Hidden unless: Question "Do you currently or have you previously owned or installed technology to track your physical activity as defined above?" #1 is one of the following answers ("Yes")

3) Which of the following wearable devices or phone apps that track physical activity have you previously used and no longer use?

☐ Fitbit

☐ Jawbone Up

☐ Nike Fuel Band

☐ Map My Run

☐ RunKeeper

☐ Apple HealthKit

☐ Other wearable device_a:

☐ Other wearable device_b:

☐ Other wearable device_c:

☐ Other phone app_a: _____

☐ Other phone app_b: _____

☐ Other phone app_c: _____

Current physical pctivity apps and devices

**In the survey, [tool x] was pulled from the survey respondent's answer to question #3 above.*

4) For how long have you been using [tool x]?*

- ☐ Less than 1 week
- ☐ 1 week - 1 month
- ☐ 1 - 3 months
- ☐ 3 - 6 months
- ☐ 6 months - 1 year
- ☐ 1 - 2 years
- ☐ More than 2 years
- ☐ I don't remember

5) When was the last time you used [tool x]?*

- ☐ Earlier today
- ☐ Yesterday
- ☐ Within the last week
- ☐ Within the last month
- ☐ Within the last 3 months
- ☐ Within the last 6 months
- ☐ Within the last year
- ☐ I don't remember

6) Why did you start using [tool x]?*

7) Please rate your agreement or disagreement with the following statement: I am glad I use [tool x].*

☐ Strongly disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly agree ☐ Not Applicable

8) Please describe at least 2 things that you like about [tool x].*

9) Please describe at least 2 things that you dislike about [tool x].*

10) What do you use [tool x] to track?*

- ☐ Distance traveled
- ☐ Number of steps
- ☐ Workout duration
- ☐ Calories burned
- ☐ Total minutes of daily physical activity
- ☐ Heart rate
- ☐ Sleep

☐ "Fuel points" or another metric

☐ Other: _____

11) How often do you review the data collected by [tool x]?*

☐ Multiple times per day

☐ About once per day

☐ A few times per week

☐ A few times per month

☐ About once per month

☐ Less than once per month

☐ Never

☐ I don't know how often I review the data collected.

12) Do you share the physical activity data collected by [tool x] with others? If so, who?*

☐ I do not share my physical activity with others.

☐ parents or guardians

☐ spouse or partner

☐ other family members

☐ friends

☐ colleagues or coworkers

☐ my physical activity data is public on a social network

☐ employer as part of a work program

☐ other: _____

13) Over the past seven days, how many days have you used [tool x] to log your physical activity?*

☐ 0 days

☐ 1 day

☐ 2 days

- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days
- ☐ I don't know

14) Over the past seven days, how many days have you used [tool x] to look back at your physical activity history?*

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days
- ☐ I don't know

Page entry logic: This page will show when: Question "Which of the following wearable devices or phone apps that track physical activity have you previously used and **no longer use?**" #3

Previous physical activity apps and devices

15) For how long did you use [tool x]?*

- ☐ Less than 1 week

- ☐ 1 week - 1 month
- ☐ 1 - 3 months
- ☐ 3 - 6 months
- ☐ 6 months - 1 year
- ☐ 1 - 2 years
- ☐ More than 2 years
- ☐ I don't remember

16) When did you stop using [tool x]?*

- ☐ Less than 1 week
- ☐ 1 week - 1 month
- ☐ 1 - 3 months
- ☐ 3 - 6 months
- ☐ 6 months - 1 year
- ☐ 1 - 2 years
- ☐ More than 2 years
- ☐ I don't remember

17) Why did you start using [tool x]?*

18) Please rate your agreement or disagreement with the following statement: I am glad I used [tool x].*

- ☐ Strongly disagree
 ☐ Disagree
 ☐ Neutral
 ☐ Agree
 ☐ Strongly agree
 (
) Not Applicable

19) Please describe at least 2 things that you liked about [tool x].*

20) Please describe at least 2 things that you disliked about [tool x].*

21) Why did you stop using [tool x]?*

22) What did you use [tool x] to track?*

☐ Distance traveled

☐ Number of steps

☐ Workout duration

☐ Calories burned

☐ Total minutes of daily physical activity

☐ Heart rate

☐ Sleep

☐ "Fuel points" or another metric

☐ Other: _____

23) How often did you review the data collected by [tool x]?*

- ☐ Multiple times per day
- ☐ About once per day
- ☐ A few times per week
- ☐ A few times per month
- ☐ About once per month
- ☐ Less than once per month
- ☐ Never
- ☐ I don't know how often I review the data collected.

24) Did you share the physical activity data collected by [tool x] with others? If so, who?*

- ☐ I did not share my physical activity with others.
- ☐ parents or guardians
- ☐ spouse or partner
- ☐ other family members
- ☐ friends
- ☐ colleagues or coworkers
- ☐ my physical activity data is public on a social network
- ☐ employer as part of a work program
- ☐ other: _____

Page entry logic: This page will show when: Question "Do you currently or have you previously owned or installed technology to track your physical activity as defined above?" #1 is one of the following answers ("Yes")

General physical activity questions

25) Some reasons why people start tracking their physical activity appear below. Please state how much you agree or disagree with the following statement: This reason influenced my decision to start tracking my physical activity.*

	Strongly disagree	Moderately disagree	Slightly disagree	Neutral	Slightly agree	Moderately agree	Strongly agree
To improve my health or level of fitness.	()	()	()	()	()	()	()
To lose weight.	()	()	()	()	()	()	()
The device was given to me as a gift.	()	()	()	()	()	()	()
To participate in a work wellness program.	()	()	()	()	()	()	()
It was recommended to me by a friend or family member.	()	()	()	()	()	()	()
It was rated highly.	()	()	()	()	()	()	()
To share my data with other users of the device or app.	()	()	()	()	()	()	()
The price was right.	()	()	()	()	()	()	()

I trust the brand.	()	()	()	()	()	()	
I wanted to have a history of my physical activity.	()	()	()	()	()	()	
I like to try new gadgets and apps.	()	()	()	()	()	()	
I like to keep up with popular trends.	()	()	()	()	()	()	

27) Please rate your agreement with the following statements:*

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Not Applicable
I am concerned my physical activity data is too personal to share with a physical activity tracking application.	()	()	()	()	()	()
I am concerned a physical activity tracking application might not	()	()	()	()	()	()

keep my physical activity data secure.						
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28) When you first started tracking your physical activity, in an average week, how many days did you exercise?*

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

29) In an average week, how many days do you exercise now?*

- ☐ 0 days
- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

30) How many days have you exercised in the past seven days?*

- ☐ 0 days

- ☐ 1 day
- ☐ 2 days
- ☐ 3 days
- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ 7 days

31) Complete the following sentence: I believe my physical activity has _____ since I started tracking.*

- ☐ Increased
- ☐ Decreased
- ☐ Remained the same

Demographics

32) How old are you?

33) What gender do you identify as?

- ☐ Male
- ☐ Female
- ☐ Other: _____

34) What is your ethnicity?

- ☐ American Indian or Alaskan native
- ☐ Asian or Pacific Islander
- ☐ Hispanic/Latino
- ☐ Black/African American
- ☐ White/Caucasian
- ☐ Other: _____

35) What state do you live in?

- ☐ Alabama
- ☐ Alaska
- ☐ Arizona
- ☐ Arkansas
- ☐ California
- ☐ Colorado
- ☐ Connecticut
- ☐ Delaware
- ☐ District of Columbia
- ☐ Florida
- ☐ Georgia
- ☐ Hawaii
- ☐ Idaho
- ☐ Illinois
- ☐ Indiana
- ☐ Iowa
- ☐ Kansas
- ☐ Kentucky
- ☐ Louisiana
- ☐ Maine
- ☐ Maryland
- ☐ Massachusetts
- ☐ Michigan

- ☐ Minnesota
- ☐ Mississippi
- ☐ Missouri
- ☐ Montana
- ☐ Nebraska
- ☐ Nevada
- ☐ New Hampshire
- ☐ New Jersey
- ☐ New Mexico
- ☐ New York
- ☐ North Carolina
- ☐ North Dakota
- ☐ Ohio
- ☐ Oklahoma
- ☐ Oregon
- ☐ Pennsylvania
- ☐ Rhode Island
- ☐ South Carolina
- ☐ South Dakota
- ☐ Tennessee
- ☐ Texas
- ☐ Utah
- ☐ Vermont
- ☐ Virginia
- ☐ Washington
- ☐ West Virginia
- ☐ Wisconsin
- ☐ Wyoming

36) How would you describe where you live?

- ☐ Urban

☐ Suburban

☐ Rural

37) What is the highest degree or level of school you have completed? *If currently enrolled, highest degree received.*

☐ Less than high school

☐ High school graduate or equivalent (e.g., GED)

☐ Some college, no degree

☐ Associate's degree

☐ Bachelor's degree

☐ Graduate or professional degree (e.g., PhD, MD, JD)

☐ Other: _____

38) What is your occupation?

Page entry logic: This page will show when: (Question "Do you currently or have you previously owned or installed technology to track your physical activity as defined above?" #1 is one of the following answers ("Yes"))

Interview

39) We are interested in further interviewing past and current self-trackers about their experiences. If you are selected, the interview would last up to one hour, and we will compensate with an additional \$10 Amazon gift card. Would you be interested in participating in such an interview?*

☐ Yes

☐ No

Logic: Hidden unless: Question "We are interested in further interviewing past and current self-trackers about their experiences. If you are selected, the interview would last up to one hour, and we will compensate with an additional \$10 Amazon gift card. Would you be interested in participating in such an interview?" #39 is one of the following answers ("Yes")

40) Please provide an email address for us to contact you should you be selected for a follow-up interview.

Thank You!
