NOTES

Part A

- How long have you used the Fitbit device? Is it the first one? What was your motivation? Any health issue to manage?

- What is your typical day like related to physical activities? (ask participants about weekday, weekend and commuting)

- What recreational exercise do you do? (gym, sports, fitness training, etc.)

- During the week, what are your most active days? And what are your least active days during a week (or month)?

Part B

- Rate level of activeness (1-5). Do you think you are an active person? Why? (ask participants to give example of most active/inactive time) Are you happy with that? What is your goal of using the Fitbit device?

Part C

- How do you usually use your Fitbit? What application do you use for feedback (e.g., mobile app or website provided by Fitbit)? (ask participants to give examples and demo)

- which views of the application do you use most (and least), why? (show with examples)

- Ask participants to reflect on Fitbit data of the past two weeks (First without any feedback tools and then on Fitbit website)

- See if they identify local and global patterns, anomalies.

- What context do they use for making sense of the patterns and the anomalies (e.g., comparison, daily schedule, etc.)

- If the Fitbit data are different from the recall (without the feedback tool) early, ask the participant to explain.

- If the Fitbit data are different from the weekly survey data, ask the participant to explain)

- What are the barriers of using Fitbit device? (ask participants to give examples)

Part D

- Does Fitbit encourage you to more PA? Why? If not, what do you expect?

- What are barriers to be more active? Any strategies to cope with that in the past or in the future? Anything could be done to improve?

Part E (only for Visualization group)

- Introduce on-calendar visualization