

Social Media Cooking App

The social media cooking app questionnaire comprises a set of 10 questions. The purpose of this questionnaire is to obtain information regarding the user's meal prep habits and preferences.

*** Required**

1. Please select your age range *

Mark only one oval.

- ☐ Under 20
- ☐ 20-30
- ☐ 31-40
- ☐ 41-50
- ☐ 50+

2. Do you meal prep on a regular basis? *

Mark only one oval.

- ☐ Yes
- ☐ No

3. If you answered no, is meal prepping something you would be interested in trying?

Mark only one oval.

- ☐ Yes
- ☐ No

4. In a few words, what is your biggest obstacle in regards to cooking healthy meals? *

5. On average, how many times do you eat out per week? *

Mark only one oval.

- ☐ None
- ☐ 1-2 times
- ☐ 3-4 times
- ☐ More than 4 times

6. On a scale of 1 - 5, how satisfied are you with your meals? *

Mark only one oval.

	1	2	3	4	5	
Not satisfied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very satisfied

7. If you selected 3 or below, what is preventing you from being satisfied with your meals

Mark only one oval.

- ☐ I eat too much takeout
- ☐ I don't know how to cook
- ☐ I don't know what to cook
- ☐ I want to make healthier meals
- ☐ I don't have time to cook
- ☐ Meal prep is too expensive
- ☐ Other

8. How strongly do you agree with the following statement, "I like to try out new recipes" *

Mark only one oval.

	1	2	3	4	5	
Completely disagree	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Completely agree

9. On average, how much do you spend on groceries per week? *

Mark only one oval.

- ☐ Less than \$100
- ☐ \$100 - \$200
- ☐ \$201 - \$300
- ☐ Over \$300

10. Do you have any special dietary requirements? *

Mark only one oval.

☐ Yes

☐ No

11. Please select your age range *

Mark only one oval.

☐ Under 20

☐ 20-30

☐ 31-40

☐ 41-50

☐ 50+

12. Do you meal prep on a regular basis? *

Mark only one oval.

☐ Yes

☐ No

13. If you answered no, is meal prepping something you would be interested in trying?

Mark only one oval.

☐ Yes

☐ No