

Post-Test Questionnaire

1- Did you like our app?

1	2	3	4	5
<i>I hated it</i>				<i>I absolutely loved it</i>

2- How would you rate our system, in terms of ease of use?

1	2	3	4	5
<i>Very Hard</i>				<i>Very Easy</i>

3- If you wanted to reduce your phone usage, how likely would you use our system?

1	2	3	4	5
<i>I will not use your app</i>			<i>I will definitely use your app</i>	

4- Did you need more instructions or was the app learnable as you go?

- Needed a lot more instructions
- Having some extra instructions would've been helpful
- Did not need any instructions at all, app is easy to use

5- Would you suggest this app to your friends?

1 2 3 4 5
Never Of course

6- In your opinion which app would motivate you more?

1. Ring based app
2. Map game based app

7- Was the usage customization enough to fit your usage needs?

1. Yes
2. No

8- Any other suggestions?

