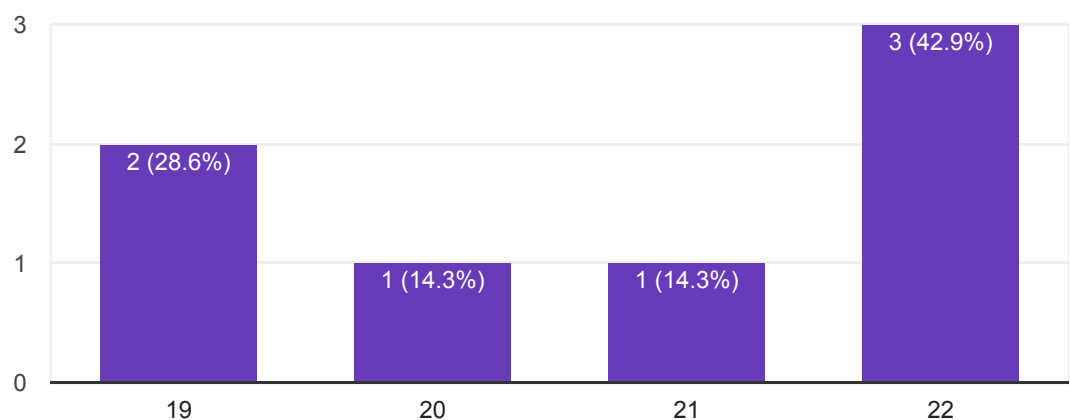


My Fitness Pal experiment feedback

7 responses

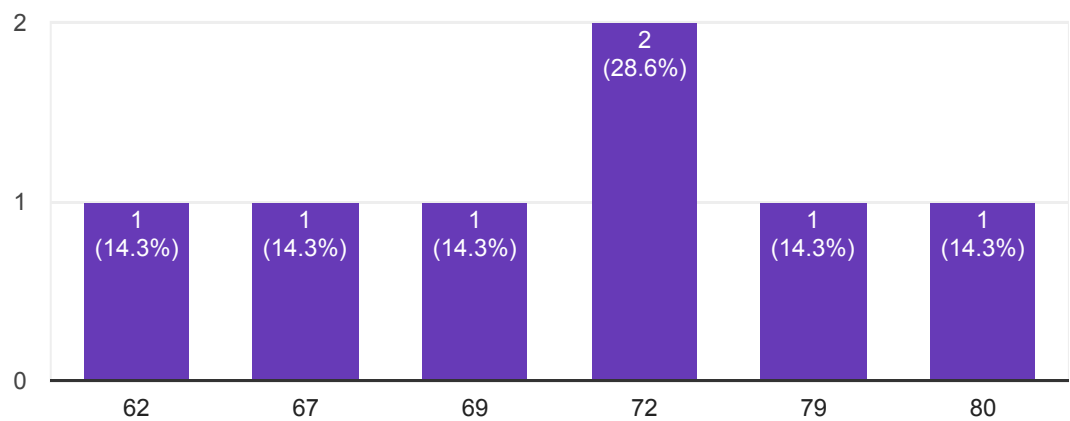
How old are you?

7 responses



How much do you weight in Kilograms (estimate if unsure)?

7 responses



What is your height in cm (estimate if unsure)?

7 responses

170
176
168
174
183
161
185

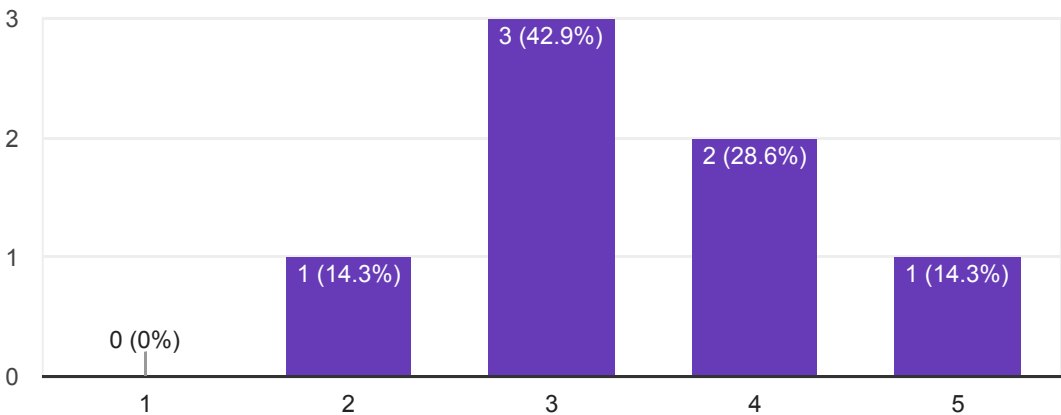
Do you know what your BMI is? If so, write it down

3 responses

no
22.3
21.4

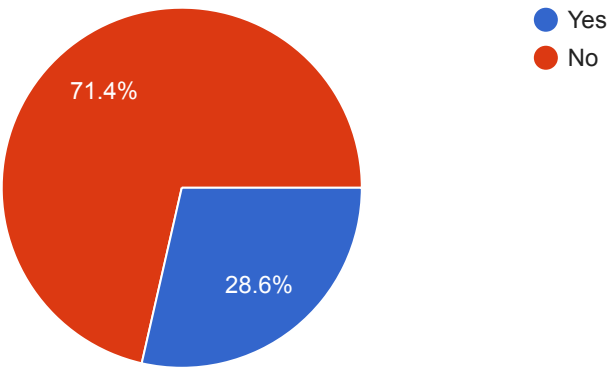
How proficient are you with computers?

7 responses



Are you on a diet, or have you attempted a diet in the last two years?

7 responses



Please explain why you haven't considered a diet in the last two years

5 responses

- They don't work!
- Dont feel dieting is useful: more a fan of increasing exercise as a means of slimming
- I was happy with my weight
- I think I am in a good shape and do not need a diet
- I'm healthy and I don't think I need it

Untitled Section

Please briefly describe your diet and your motivations for dieting

2 responses

Trying to snack less and plan my meals. I also try to do more sport

Vegetarian: environmental concern (meat industry == really bad)

If you are not currently dieting, why did you stop?

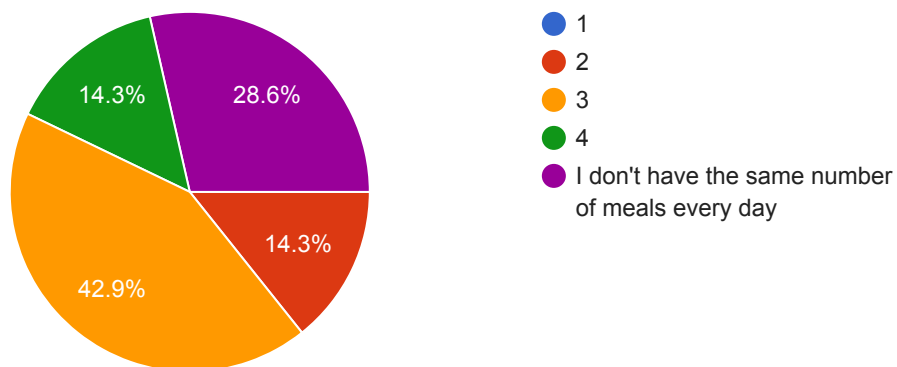
0 responses

No responses yet for this question.

Before the app

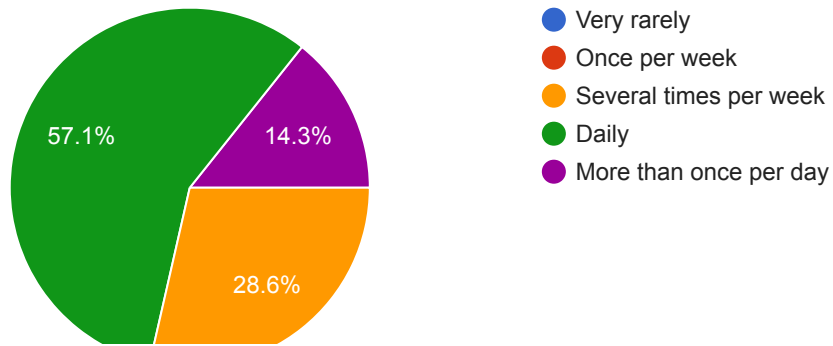
How many meals do you usually have in a day (excluding snacks)?

7 responses



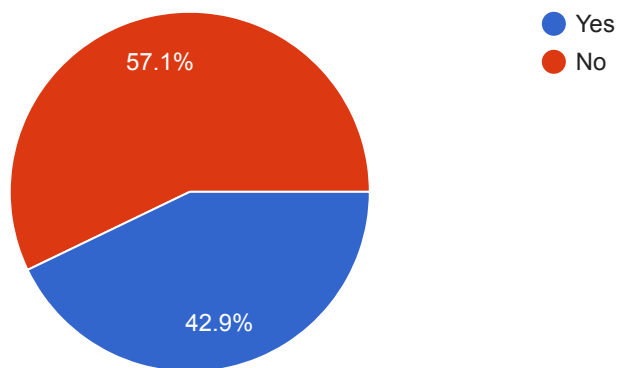
How often do you have snacks outside of meals?

7 responses



Have you ever tracked your diet before?

7 responses



Describe how you track or tracked your diet

3 responses

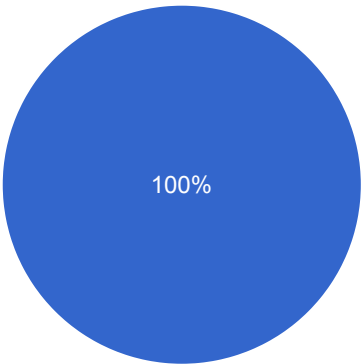
Using the myfitnesspal app.

i had a food journal

plan all meals

Do you also track your snacks?

3 responses



- Yes
- No

Untitled Section

What do you think is a "balanced" diet?

3 responses

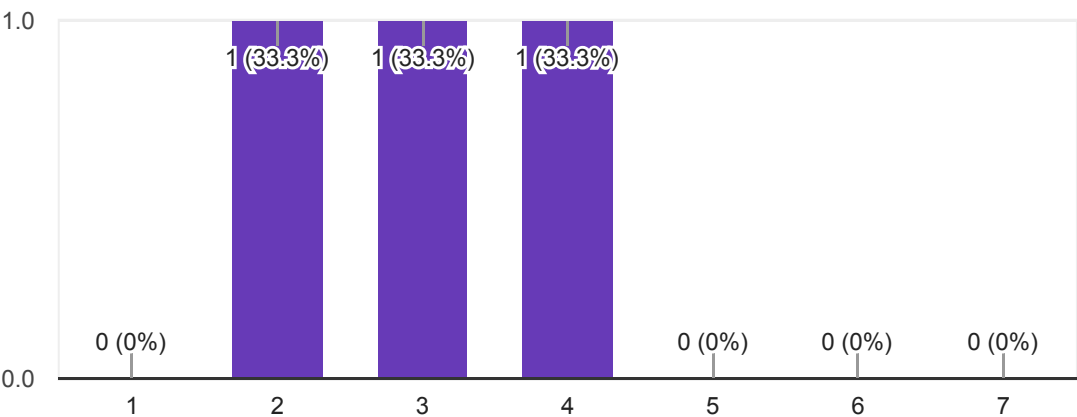
- The pie chart thing of proportions of what to eat every meal.
- eat something from everything and not to leave one food out completely
- the right amount of protein, carbohydrates, fats and vitamins

Do you believe your diet to be balanced?

3 responses

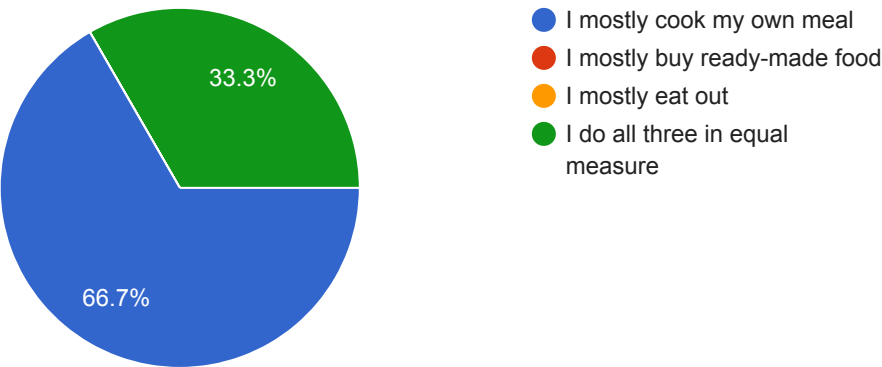
Please estimate how many portions of fruits and vegetables you consume in a day on average

3 responses



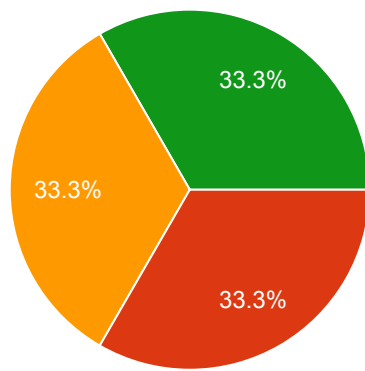
Do you mostly cook your own meal, buy ready-made food, or eat out?

3 responses



How far in advance do you plan your meals?

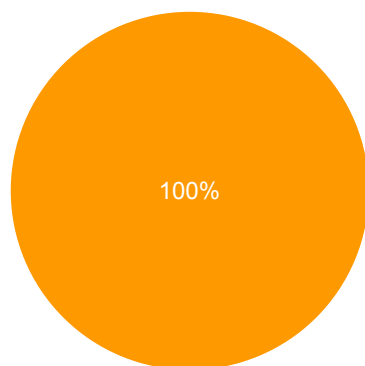
3 responses



- I don't need planning - I always eat the same thing
- I don't plan at all, I just eat what I want at the moment
- I plan all my meals for the day in the morning
- I plan the next several days of meals when I am grocer...
- I plan all the meals I will have in the next week/two weeks...

How often are your meal plans disrupted by an unexpected event (a missing ingredient, being invited to eat out)?

3 responses

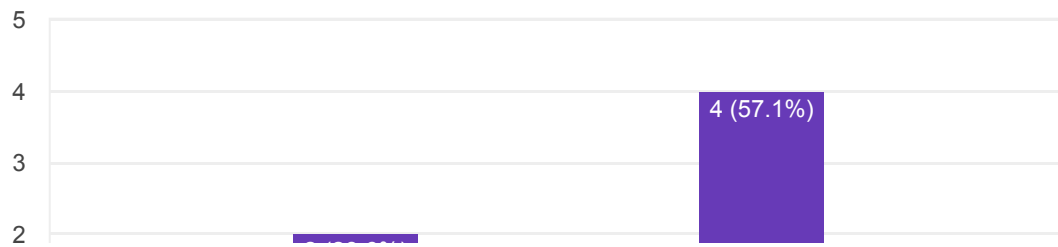


- Daily
- A few times a week
- A few times a month
- Very rarely

Using the app

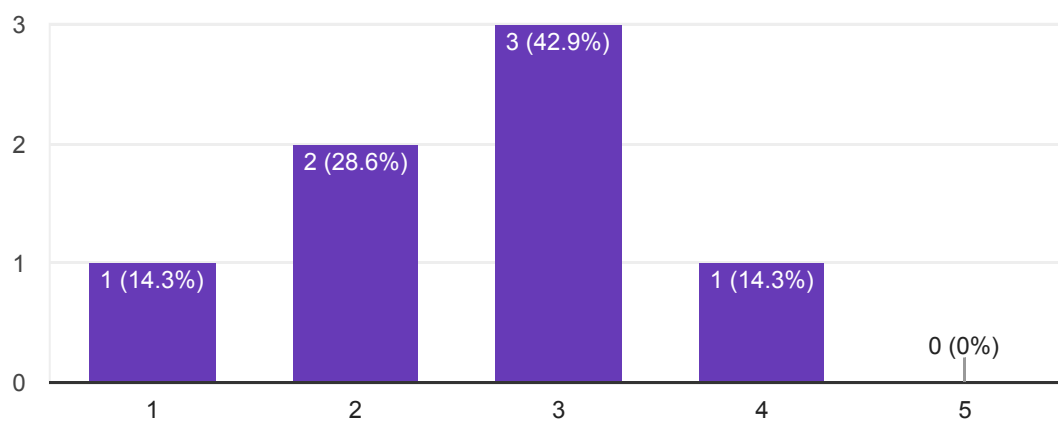
On a scale from 1 to 5, how useful did you find the app?

7 responses

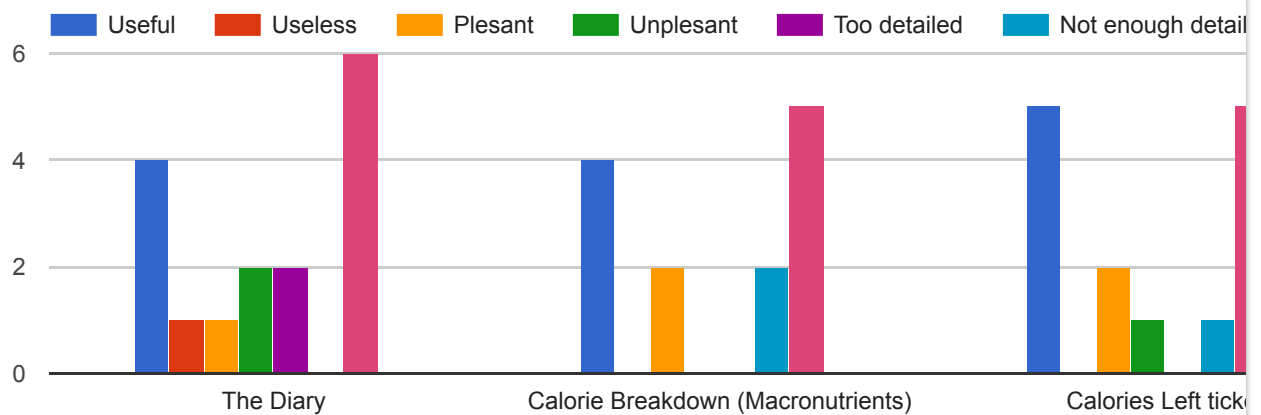


On a scale from 1 to 5, how pleasant did you find to use the app?

7 responses

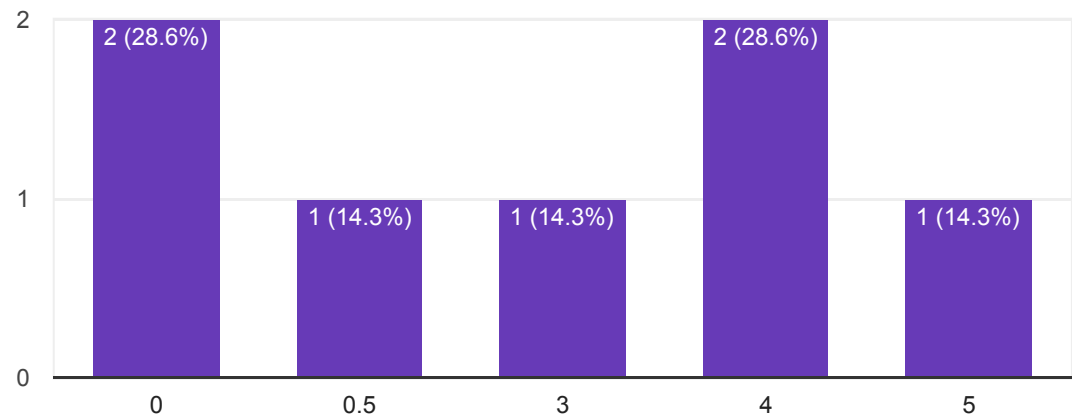


What did you think of the way the app visualized your information?



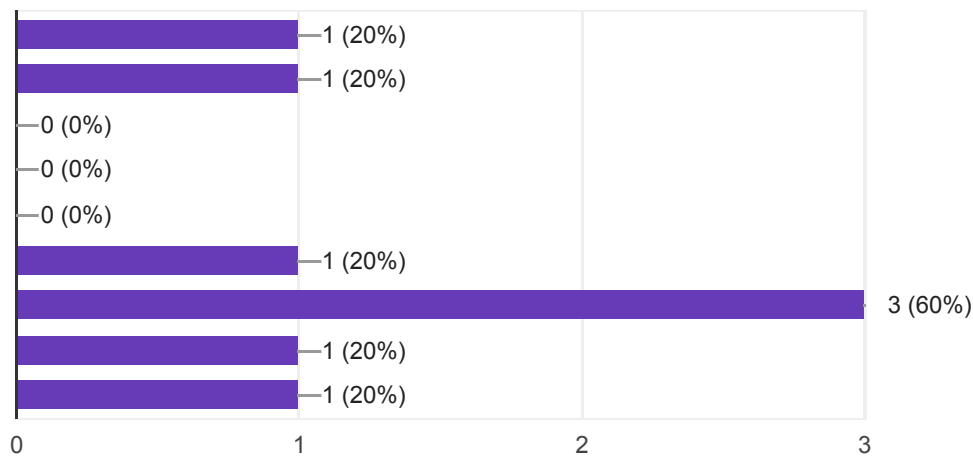
Estimate how many of your meals during your trial you didn't log through the app

7 responses



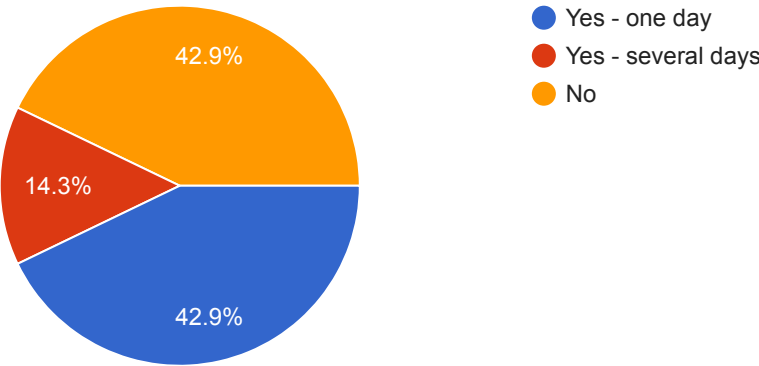
If you didn't log a meal, what was the reason?

5 responses



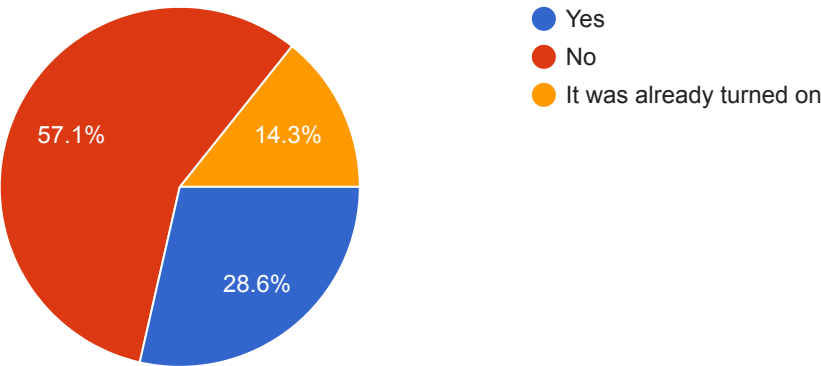
Was there a day where you didn't use the app at all?

7 responses



My Fitness Pal provides a reminder functionality; did you turn it on?

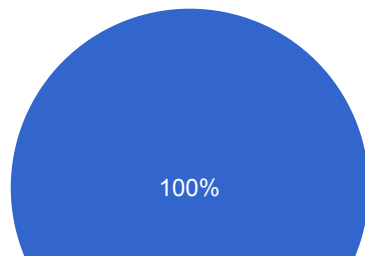
7 responses



Untitled Section

Did you get a reminder to log your food?

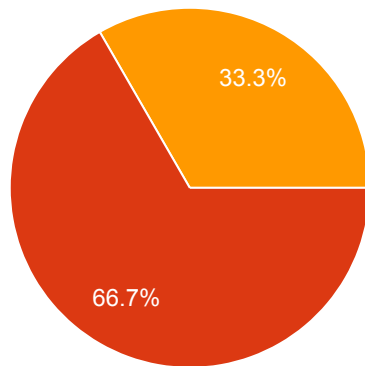
3 responses



- Yes
- No

Did getting a reminder convince you to use the app that day?

3 responses



- Yes
- No
- I was going to use it anyway

Untitled Section

If the app had reminded you to use it, do you think it would have convinced you to use it?

4 responses

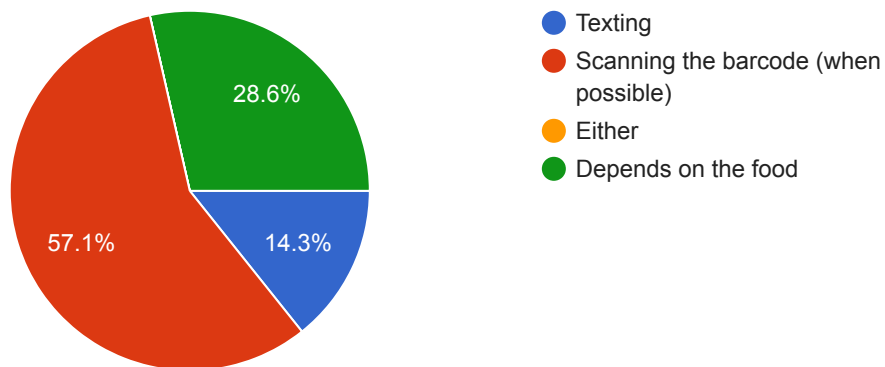


- Yes
- No
- I was going to use it anyway

Untitled Section

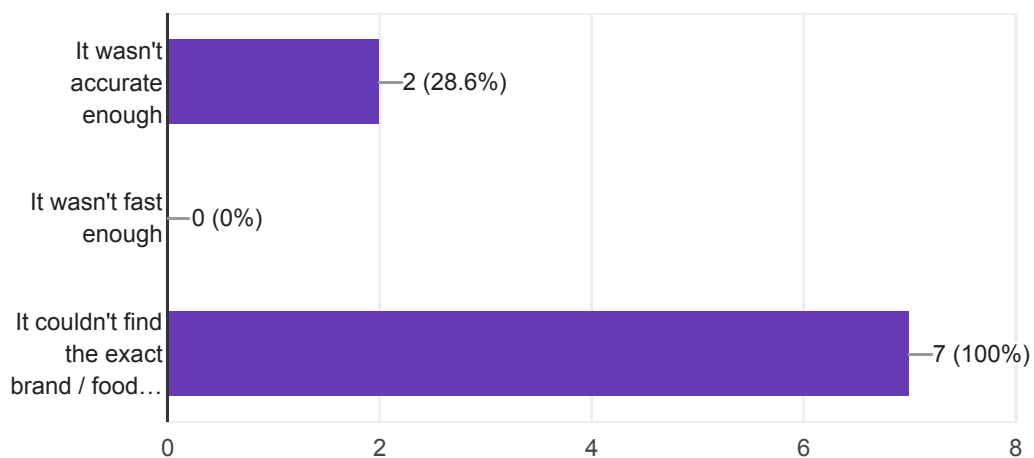
Which input method did you prefer?

7 responses



Did you have any issues using text logging?

7 responses



Did you have any issues using the barcode scanner?

5 responses



How accurate do you think your portion /size estimates were?

6 responses

Ok

Reasonably

not that good because i didn't have a scale

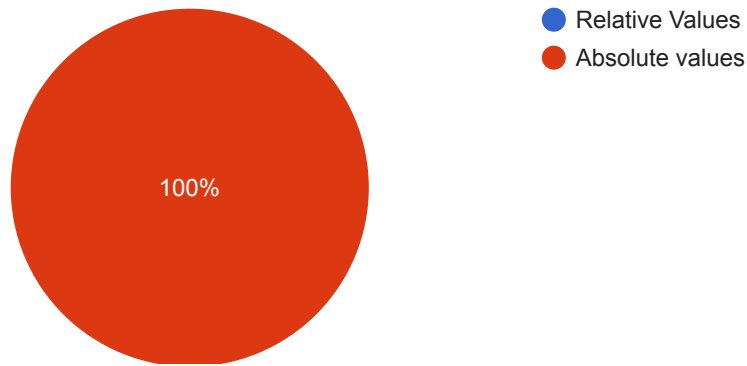
More or less accurate (within 5-10%)

I don't think they were accurate enough.

They were perfect for snacks & shop bought items but often buggy for imported recipes (there were frequent misreads of portions per recipe, perhaps due to inconsistent formatting between recipe websites).

Would you prefer recorded meal sizes to be absolute values (number of portions, weight) or relative values (based on previous meals, more, less or the same as usual)?

7 responses



Why?

7 responses

Can be compared to recommended more easily and you can weigh the portion difference.

Absolute is easier for me personally to process

Because than the calories and nutrition is more exact

It's more precise

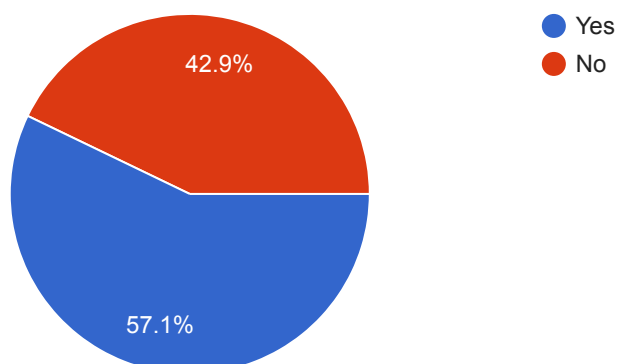
absolute values seem more accurate thsn relative values

It would be easier to calculate.

My portion sizes are inconsistent, it depends usually on how much I have snacked throughout the day.

Did you check back on what you had eaten on the day or on a previous day?

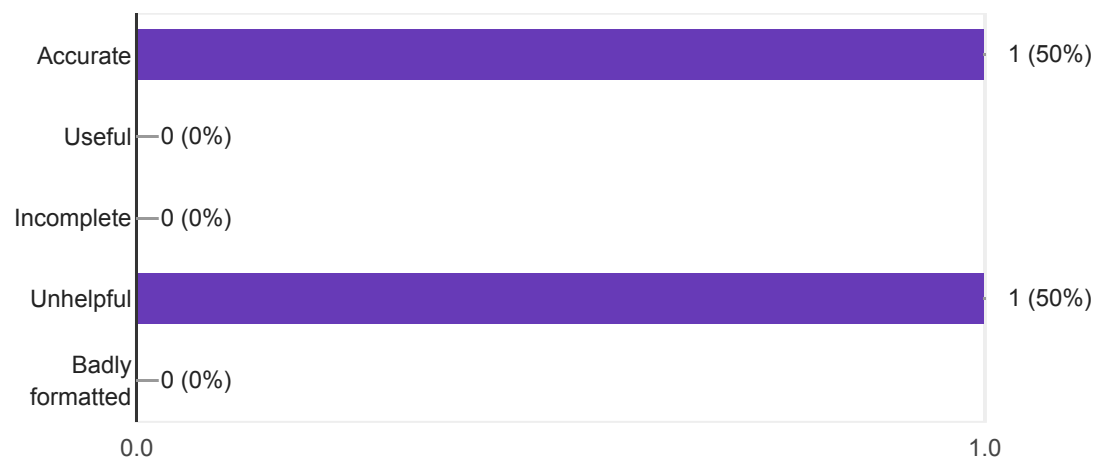
7 responses



Untitled Section

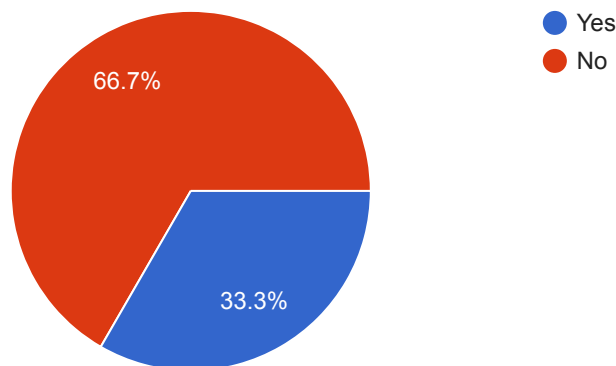
When you checked back on your meal, did you find the information...

2 responses



Having used the app, do you think you have a better idea of how much you are eating in a day?

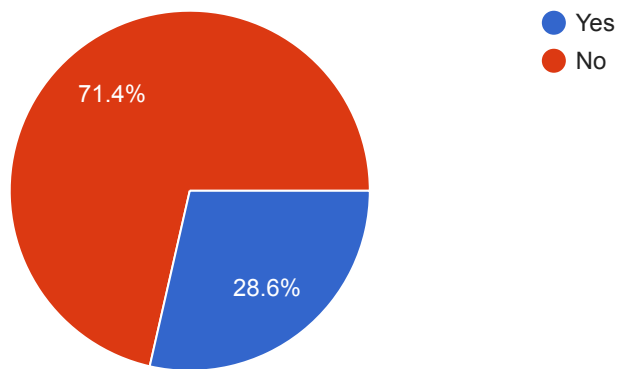
3 responses



Untitled Section

Overall, did you find the app helps you with to your diet?

7 responses



Please explain

7 responses

Said I was eating to little but I'm not..

Im content with what i eat calorie wise compared to my exercise and all the features i wanted to use were on pay extra

at the moment with out a scale it's not helping that much and to create new recipes was annoying. i already think i know how much i should eat

It made me aware of some of my worst habits and I tried some of the suggested recipes

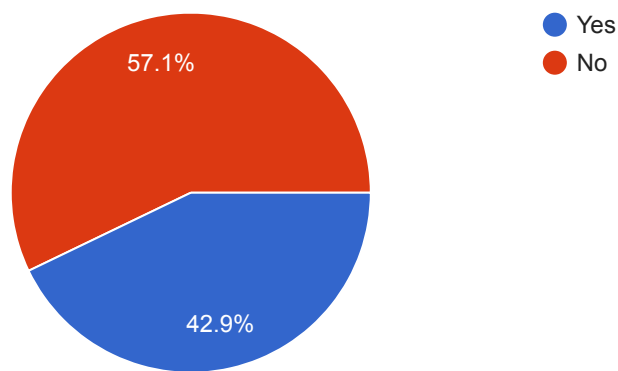
I think I have a good grip on my diet and nutritional requirements already

I didn't want to change it so I don't think I needed to monitor it. But if I tried to e.g. lose weight, I think it would be helpful.

It warned me of a surplus of sugar in my diet, which I plan to cut down on.

Has using the app made you more "mindful" of what you eat?

7 responses



What did you expect when you started to use the app?

7 responses

It to be easy to use!

Little change in personal behavior

track my calories and maybe help me to avoid snacks

It confirmed some of the fears I had about my eating habits

To have a better idea of how much of my nutritional requirements I am meetingg

That there wouldn't be all the food I eat in the database.

That it would warn me about how much sugar I was eating.

Did using the app conform to your expectation? If not, why?

6 responses

Yes (2)

No only american options appeared at the top of searches.

it did

To a certain extent, yes. It gives me a good idea of what I'm eating, but I believe it overestimates how much I need to need.

There was actually more than I expected.

Do you trust the app to store your information securely? Do you think it's important?

7 responses

No because they're American. Yes.

No, but there wasn't much I put on there that I thought was overly in need of being secured

I'm not sure and I think it's important even though I try not to say too much about me

Yes. I don't think it's important

I did not really consider the question of protection of my data, so I am unsure what the app actually does with my meal logs. I consider it important to not have my information stored securely because I don't want other people to judge me based on how and what I eat.

I don't know but I don't think it's important.

I think information in general should be securely held. However, I don't mind diet information being given to health services / research bodies. Poor diets are already putting stress on health services, especially in the US for diabetes & obesity. Perhaps anonymised dietary data could help understand the issue.

Would you use the app past this evaluation period? Why, or why not?

7 responses

No it takes too long to log meals.

No, it didn't really help me that much

probably not and start my own meal diary again

Yes, I think it's going to help me eating in a more healthy and conscious way

I would not use it anymore because I don't think it's telling me anything new about my diet and so I think it's a bit of a useless effort to keep track of it.

I probably will when I decide I want to lose weight.

No, unless I change my diet significantly. If you don't change your diet, it will not tell you anything new. That said, once I have tried to find a way of cutting down on sugar I will revisit the app to check what progress I have made.

Did you think any important features you would have liked were missing?

5 responses

Fruit/ veg counter. Meal suggestions based on low carb/ high protein/ high fibre requirements.

no

No, I think the app does a good job

I'd like if the app could calculate how much calories I burn during exercise. I had to do that manually.

Custom recipes where you choose the ingredients from a list (similar to what you might see at a self-checkout for fruit & veg, it wouldn't be hard to do) so that you don't have to approximate what you ate by a recipe from a site that is kind of similar.

Did you use any of the fitness tracking features? Did you find them a useful complement to the diet tracker? Please describe your experience

6 responses

Was hard to use without downloading the other sister ap for exercise

no

I didn't really understand or spent much time figuring out how they worked

I let the app measure how many steps I walked every day. I think this is quite a useful feature to complement the diet tracker as it takes into account the fact that you might require more food after exercising.

Yes, I think it's very useful. But I'm not sure if it's accurate on a phone.

I used it, it was the worst part of the app. Very over simplified. It also compounded the issue with the calorie counter, by implying that a healthy diet would be achieved by eating as much as you want, as long as you can work off the equivalent amount of calories in the gym. This is an outdated mindset.

Is there anything else that could be done to improve the experience of using the app?

6 responses

I would have preferred more features (as added above) being free because it was too much tk pay for premium in comparison to the benefit i would have got from doing so.

easy way to make you own recipes

More personalized diet suggestions for foods and recipes to try based off of a person's individual requirements

I feel like the way that the diary is displayed is a bit too cramped even though I think that the things it shows are useful. Maybe there is an optically more pleasant way of visualising the differet meals during a day.

Maybe if I had a smartwatch it would improve recording the exercise.

Not sure.