

My Fitness Pal experiment feedback

This survey will be anonymous, so please try to answer to all questions in full and as honestly as you can.

1. How old are you?

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

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

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

5. How proficient are you with computers?

Mark only one oval.

1 2 3 4 5

Not at all ☐ ☐ ☐ ☐ ☐ Expert user

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

Mark only one oval.

☐ Yes *Skip to question 8.*

☐ No *Skip to question 7.*

Skip to question 10.

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

Skip to question 10.

Untitled Section

8. Please briefly describe your diet and your motivations for dieting

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

Before the app

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

Mark only one oval.

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ I don't have the same number of meals every day

11. How often do you have snacks outside of meals?

Mark only one oval.

- ☐ Very rarely
- ☐ Once per week
- ☐ Several times per week
- ☐ Daily
- ☐ More than once per day

12. Have you ever tracked your diet before?

Mark only one oval.

- ☐ Yes *Skip to question 13.*
- ☐ No *Skip to question 21.*

Skip to question 15.

13. Describe how you track or tracked your diet

14. Do you also track your snacks?

Mark only one oval.

☐ Yes

☐ No

Untitled Section

15. What do you think is a "balanced" diet?

16. Do you believe your diet to be balanced?

Mark only one oval.

☐ Yes

☐ No

☐ Other: _____

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

Mark only one oval.

1	2	3	4	5	6	7
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Mark only one oval.

☐ I mostly cook my own meal

☐ I mostly buy ready-made food

☐ I mostly eat out

☐ I do all three in equal measure

19. How far in advance do you plan your meals?

Mark only one oval.

- ☐ 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 grocery shopping
- ☐ I plan all the meals I will have in the next week/two weeks far in advance
- ☐ Other: _____

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

Mark only one oval.

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

Using the app

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

Mark only one oval.

	1	2	3	4	5	
Not useful at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely useful

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

Mark only one oval.

	1	2	3	4	5	
Extremely annoying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extremely pleasant

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

Check all that apply.

	Useful	Useless	Plesant	Unplesant	Too detailed	Not enough detail	Clear	Unclear
The Diary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calorie Breakdown (Macronutrients)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calories Left ticker	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

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

Check all that apply.

- ☐ I forgot
- ☐ I found typing/scanning the barcode for my meal cumbersome
- ☐ I stopped being interested in diet tracking
- ☐ I had a technical issue
- ☐ I didn't find the feedback I was getting useful
- ☐ I felt intimidated by watching the numbers in my tracker
- ☐ I was too busy
- ☐ Other: _____

Untitled Section

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

Mark only one oval.

- ☐ Yes - one day *After the last question in this section, skip to question 28.*
- ☐ Yes - several days *After the last question in this section, skip to question 28.*
- ☐ No *After the last question in this section, skip to question 31.*

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

Mark only one oval.

- ☐ Yes *Skip to question 28.*
- ☐ No *Skip to question 30.*
- ☐ It was already turned on *Skip to question 28.*

Skip to question 31.

Untitled Section

28. Did you get a reminder to log your food?

Mark only one oval.

- ☐ Yes *Skip to question 29.*
- ☐ No *Skip to question 30.*

Skip to question 31.

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

Mark only one oval.

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

Skip to question 31.

Untitled Section

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

Mark only one oval.

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

Untitled Section

31. Which input method did you prefer?

Mark only one oval.

- ☐ Texting
- ☐ Scanning the barcode (when possible)
- ☐ Either
- ☐ Depends on the food

32. Did you have any issues using text logging?

Check all that apply.

- ☐ It wasn't accurate enough
- ☐ It wasn't fast enough
- ☐ It couldn't find the exact brand / food I was having
- ☐ Other: _____

33. Did you have any issues using the barcode scanner?

Check all that apply.

- ☐ It wasn't accurate enough
- ☐ It didn't understand what the barcode was
- ☐ It couldn't find the food in its database
- ☐ The camera didn't work
- ☐ Other: _____

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

35. 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)?

Mark only one oval.

- ☐ Relative Values
- ☐ Absolute values

36. Why?

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

Mark only one oval.

- ☐ Yes *Skip to question 40.*
- ☐ No

Skip to question 40.

Untitled Section

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

Check all that apply.

- ☐ Accurate
- ☐ Useful
- ☐ Incomplete
- ☐ Unhelpful
- ☐ Badly formatted

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

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Other: _____

Untitled Section

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

Mark only one oval.

- ☐ Yes
- ☐ No

41. Please explain

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

Mark only one oval.

☐ Yes

☐ No

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

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

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

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

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

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

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