

# Technology Usability and Acceptability

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## Technology usability and acceptability

The next ten questions ask about your opinion(s) of the personal activity monitors used in this study, Fitbits. We do not have interest or ownership in the Fitbit company. Your experiences using the Fitbit will help us in future research and practice.

	strongly disagree	disagree	somewhat agree	agree	strongly agree
I will continue to use my Fitbit™ to track (monitor) my physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning to use my Fitbit™ was easy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most people, like me, could easily learn to use a Fitbit™ to track (monitor) their physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I receive valuable information about my levels of physical activity by using my Fitbit™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information from my Fitbit™ is useful as I make daily decisions about my physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information from my Fitbit™ enhances my motivation for physical activity (e.g., walking, strength/ balance exercises)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have fun using my Fitbit™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I look at my Fitbit™ at least once per day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have sufficient information to help me get my personal data from my Fitbit™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the education that I received for using my Fitbit™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>