

## Survey Questions

1. a. The next few questions are about physical activity monitors. These are used to track activity levels, including how many steps are taken, body movement, heart rate, and calories and provide you with feedback on activity goals and progress. They are small monitors worn on the wrist, hip or chest and some can also be used with apps for smart-phones. Have you heard of ANY particular types of physical activity monitors?

- a) Heart rate monitor (no specific brand/type)
- b) Pedometer (no specific brand/type)
- c) Accelerometer (no specific brand/type)
- d) Smart phone applications (no specific name)
- e) Accelerometer - LG Lifeband
- f) Accelerometer - ihealth activity monitor
- g) Accelerometer - Polar Loop
- h) Accelerometer - Garman Vivofit
- i) Accelerometer - Fit bit
- j) Accelerometer - Jawbone
- k) Smart phone application - Run Keeper
- l) Smart phone application - Map my fitness
- m) Smart phone application - Moves
- n) Have not heard of ANY monitors

b. Specify any others not listed

2. In your opinion, can activity monitors help people to become more active? Would you say that you strongly agree, agree, you are neutral, disagree or strongly disagree?

1. Strongly agree
2. Agree
3. Neutral
4. Disagree
5. Strongly Disagree

3. a. Have you ever used an activity monitor? This doesn't include entering activity into a website or diary, we are talking about actually wearing a monitor.

1. Yes, I currently use an activity monitor
2. Yes, I have in the past
3. Never

*If (ans =3) skip Q4*

b. What type of activity monitor do/did you use?

c. How often do/did you wear your activity monitor?

1. Only during exercise
2. Only during waking hours
3. Only at night

4. All day and all night

d. How long did you regularly use the activity monitor for? By this we mean using it for at least 4 days per week.

1. Less than 1 month
2. 1-2 months
3. 3-4 months
4. 5-6 months
5. 6-12 months
6. Longer than 12 months

e. Would you say that your physical activity INCREASED during the time that you were using the monitor?

1. No
2. Yes, by less than 1 hour per week
3. Yes, by 1-2 hours a week
4. Yes, by 3-4 hours a week
5. Yes, by over 4 hours per week

*skp to Q5*

4. a. Would you be interested in using a physical activity monitor?

1. Very interested
2. Interested
3. Neutral
4. Not very interested
5. Not interested at all

*If (ans = 4 or 5) skp to Q9*

b. How often would you be willing to wear a monitor?

1. Only during exercise
2. Only during waking hours
3. Only at night
4. All day and all night

5. a. Where would you MOST prefer to wear a physical activity monitor?

1. Wrist
2. Ankle
3. Upper arm
4. Waist
5. On bra (using a clip)
6. Trouser Pocket or hand bag (Smartphone)

b. And what would be your next preference?

1. Wrist
  2. Ankle
  3. Upper arm
  4. Waist
  5. On bra (using a clip)
  6. Trouser Pocket or hand bag (Smartphone)
6. a. What do you think is the MOST important function of a physical activity monitor?
1. Counting daily steps
  2. Measuring body movement including light, moderate and high intensity activity, and sitting time
  3. Measuring heart rate
  4. Calculating calories burnt
  5. Mapping travel in the neighbourhood such as through GPS
  6. Measuring sleeping patterns
- b. And what is the NEXT most important function?
1. Counting daily steps
  2. Measuring body movement including light, moderate and high intensity activity, and sitting time
  3. Measuring heart rate
  4. Calculating calories burnt
  5. Mapping travel in the neighbourhood such as through GPS
  6. Measuring sleeping patterns
7. a. What do you think is the MOST important characteristic of a physical activity monitor?
1. Automatically sync or upload physical activity performance to a computer or smartphone application
  2. Accuracy
  3. Long battery life
  4. Waterproof
  5. A screen to view physical activity performance without having to connect to a computer or smartphone
  6. Goal setting features
  7. Ability to share the activity performance with friends and family via websites and smartphone applications
  8. Comfort
  9. Well hidden
- b. What do you think would be the NEXT most important characteristic of a physical activity monitor?
1. Automatically sync or upload physical activity performance to a computer or smartphone application
  2. Accuracy

3. Long battery life
  4. Waterproof
  5. A screen to view physical activity performance without having to connect to a computer or smartphone
  6. Goal setting features
  7. Ability to share the activity performance with friends and family via websites and smartphone applications
  8. Comfort
  9. Well hidden
8. Most monitors send notifications about activity performance via email, text message, applications, or through the monitor itself.

How often would you want to receive notifications from your monitor?

1. Every 30 minutes or less
2. Every hour
3. Every 2 hours
4. Twice a day
5. Once a day
6. Every other day
7. Two times per week
8. Once per week
9. Less than once per week
10. Never

*End*

9. What is the main reason that you would NOT be interested in using an activity monitor?
1. Cost
  2. Problems understanding the technology
  3. I don't have the time
  4. I don't think it would help me increase my activity levels
  5. I don't want to increase my activity levels
  6. Other (please specify)