

Question	Response option/s
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**ALL USERS**

- |   |   |
|---|---|
| 1. Before you got your activity tracker, in a typical week, on how many days did you get 30 minutes of physical activity? | Open field, numerical   |
| 2. In the last week, how many days did you get 30 minutes of physical activity?   | Open field, numerical   |
| 3. What is the highest level of education that you have completed?  | <ul style="list-style-type: none"> <li>• Primary School</li> <li>• High School</li> <li>• [TAFE/certificate/diploma/apprenticeship]</li> <li>• Undergraduate bachelor degree</li> <li>• Post graduate degree</li> </ul> |
| 4. Sex  | <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>  |
| 5. How old are you?   | Open field, numerical   |
| 6. What is your relationship status?  | <ul style="list-style-type: none"> <li>• In a relationship</li> <li>• Single</li> <li>• Prefer not to say</li> </ul>  |
| 7. [If answered 'In a relationship' to Q6] Does your spouse or partner have an activity tracker?                          | <ul style="list-style-type: none"> <li>• Yes</li> <li>• No</li> <li>• Planning on getting one</li> <li>• N/A</li> </ul>   |
| 8. What is your postcode?   | Open field, numerical   |
| 9. Are you currently using a wearable?  | <ul style="list-style-type: none"> <li>• Yes, I'm currently using a wearable</li> <li>• No, I previously used a wearable</li> </ul>   |
| 10. How did you get your wearable?  | <ul style="list-style-type: none"> <li>• I bought it for myself</li> <li>• Gift from friend/family</li> <li>• Provided by health insurer</li> <li>• Provided by workplace</li> </ul>                                    |

**FORMER USERS ONLY**

- |   |   |
|---|---|
| 11. What is the reason you stopped using your wearable? Tick all that apply | <ul style="list-style-type: none"> <li>• It broke</li> <li>• Got lost</li> <li>• It was difficult to understand</li> <li>• Technical difficulties</li> <li>• It wasn't helping with my goals</li> <li>• I didn't like it</li> <li>• I found it intrusive</li> <li>• I was experiencing negative psychological impacts</li> <li>• I learnt everything I could from it</li> <li>• Other (please specify)</li> </ul> |
| 12. Which wearable did you use?   | Open field, free text   |

**Question**

**Response option/s**

13. **Did you have any complaints with your wearable?  
Tick all that apply.**

- None
- Technical issues
- It falls off
- It doesn't fit
- It is uncomfortable
- Lost it
- Low battery life
- General wear and tear
- It often does not match my outfit
- Problems with the screen
- Problems uploading the data to supporting software

14. **Overall, I had a positive experience using my wearable.**

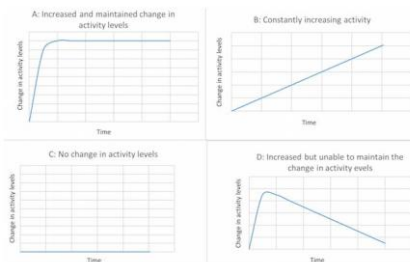
- Problems interpreting the data
- Problems with navigation of supporting website and technology
- Inaccurate at recording data
- Other (please specify)
- Disagree strongly
- Somewhat disagree
- Neutral
- Somewhat agree
- Agree strongly

15. **How long (months) did you use your wearable?**

16. **What was your main motivation for using your wearable?**

- Dropdown list ranging from <1 to >36 months
- To improve fitness
- To improve health
- To improve appearance
- To monitor activities
- To share my activity
- To compete with family/ friends
- To keep up with new technology
- Other (please specify)

17. **Which graph best matches how your activity levels changed after getting your wearable?**



- A
- B
- C
- D
- Other (please specify)

18. **How much do you agree/disagree with the following statements? Since using my wearable I now...**

- Eat healthier
- Incorporate more activity in my day
- Sleep more

- Disagree strongly
- Somewhat disagree
- Neutral
- Somewhat agree
- Agree strongly

Question	Response option/s
<p>19. <b>How much do you agree/disagree with the following statements? I found the ..... monitoring on my wearable useful.</b></p> <ul style="list-style-type: none"> <li>• Real time</li> <li>• Long term</li> </ul>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> </ul>
<p>20. <b>How much do you agree/disagree with the following statements? When I used my wearable it made me feel....</b></p> <ul style="list-style-type: none"> <li>• Guilty</li> <li>• Empowered</li> <li>• Motivated</li> <li>• Accountable</li> <li>• Self-conscious</li> <li>• Anxious</li> </ul>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> </ul>
<p>21. <b>How much do you agree/disagree with the following statements. When I didn't use/forgot/couldnt use my wearable it made me feel....</b></p> <ul style="list-style-type: none"> <li>• Guilty</li> <li>• Frustrated</li> <li>• Anxious</li> <li>• Liberated</li> </ul>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> </ul>

**CURRENT USERS ONLY**

<p>22. <b>How much do you agree/disagree with the following statements? I find the following features on my wearable easy to use.....</b></p> <ul style="list-style-type: none"> <li>• Active minutes</li> <li>• Steps</li> <li>• Stairs</li> <li>• Sleep</li> <li>• Heart rate</li> <li>• Energy burned</li> <li>• Energy consumed (food)</li> <li>• Connection to other devices e.g. tablet or mobile phone</li> <li>• Sharing the data e.g. on social media</li> </ul>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> </ul>
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Question	Response option/s
<p>23. <b>How much do you agree/disagree with the following statements? I find the following features on my wearable useful.....</b></p> <ul style="list-style-type: none"> <li>• Active minutes</li> <li>• Steps</li> <li>• Stairs</li> <li>• Sleep</li> <li>• Heart rate</li> <li>• Energy burned</li> <li>• Energy consumed (food)</li> </ul>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> <li>• N/A</li> </ul>
<p>24. <b>How much do you agree/disagree with the following statements? I find the following features on my wearable accurate....</b></p> <ul style="list-style-type: none"> <li>• Active minutes</li> <li>• Steps</li> <li>• Stairs</li> <li>• Sleep</li> <li>• Heart rate</li> <li>• Energy consumed (food)</li> </ul>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> <li>• N/A</li> </ul>
<p>25. <b>Following a full charge, how long does your wearable's battery last?</b></p>	<p>Dropdown menus: Hours/days/weeks/months</p>
<p>26. <b>Do you have any complaints with your wearable? Tick all that apply.</b></p>	<ul style="list-style-type: none"> <li>• None</li> <li>• Technical issues</li> <li>• It falls off</li> <li>• It doesn't fit</li> <li>• It is uncomfortable</li> <li>• Lost it</li> <li>• Low battery life</li> <li>• General wear and tear</li> <li>• It often does not match my outfit</li> <li>• Problems with the screen</li> <li>• Problems uploading the data to supporting software</li> <li>• Problems interpreting the data</li> <li>• Problems with navigation of supporting website and technology</li> <li>• Inaccurate at recording data</li> <li>• Other (please specify)</li> </ul>
<p>27. <b>How long (months) are you planning to continue using your wearable?</b></p>	<ul style="list-style-type: none"> <li>• Dropdown list ranging from &lt;1 to &gt;36 months</li> </ul>
<p>28. <b>How long (months) have you been using your wearable?</b></p>	<ul style="list-style-type: none"> <li>• Dropdown list ranging from &lt;1 to &gt;36 months</li> </ul>

Question	Response option/s
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29. For which of the following activities do you remove your wearable? Tick all that apply

- Work
- Special occasions
- Sport
- Bathing/ swimming
- Charging
- Sleep
- None
- Other (please specify)
- Disagree strongly
- Somewhat disagree
- Neutral
- Somewhat agree
- Agree strongly
- To improve fitness
- To improve health
- To improve appearance
- To monitor activities
- To share my activity
- To compete with family/ friends
- To keep up with new technology
- Other (please specify)
- Yes
- No

30. Overall, I have had a positive experience using my wearable.

31. What is your main motivation for using your wearable?

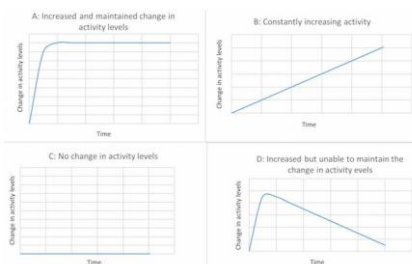
Open field, free text

32. Do you have a daily goal?

33. Please specify your daily goal:

- Active minutes
- Steps
- Sleep
- Energy burned
- Energy consumed (food)
- Other

34. Which graph best matches how your activity levels have changed since getting your wearable?



- A
- B
- C
- D

35. How much do you agree/disagree with the following statements? Since I started using my wearable I now....

- Eat healthier
- Incorporate more activity in my day
- Sleep more

- Disagree strongly
- Somewhat disagree
- Neutral
- Somewhat agree
- Agree strongly

Question	Response option/s
<p>36. <b>Which device(s) do you use with your wearable? Tick all that apply.</b></p>	<ul style="list-style-type: none"> <li>• Smartphone</li> <li>• Tablet</li> <li>• Computer</li> <li>• Laptop</li> <li>• None</li> </ul>
<p>37. <b>What is the main device you use to track your activity?</b></p>	<ul style="list-style-type: none"> <li>• Smartphone</li> <li>• Tablet</li> <li>• Computer</li> <li>• Laptop</li> <li>• None</li> </ul>
<p>38. <b>Where do you share your activity data? Tick all that apply.</b></p>	<ul style="list-style-type: none"> <li>• Facebook</li> <li>• Twitter</li> <li>• Instagram</li> <li>• With the wearable's software</li> <li>• I don't share my activity data</li> <li>• Other (please specify)</li> </ul>
<p>39. <b>Why do you share your activity on social networks? Tick all that apply.</b></p>	<ul style="list-style-type: none"> <li>• To share progress</li> <li>• To compete with friends</li> <li>• To get encouragement from others</li> <li>• To motivate others</li> <li>• I don't share data</li> <li>• Other (please specify)</li> <li>• Open field, numerical</li> </ul>
<p>40. <b>How many times a day do you check your progress?</b></p>	
<p>41. <b>How much do you agree/disagree with the following statements? I find the ..... monitoring on my wearable useful.</b></p>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> </ul>
<ul style="list-style-type: none"> <li>• Real time</li> <li>• Long-term</li> </ul>	
<p>42. <b>How much do you agree/disagree with the following statements? When I'm using my wearable it makes me feel....</b></p>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> </ul>
<ul style="list-style-type: none"> <li>• Guilty</li> <li>• Empowered</li> <li>• Motivated</li> <li>• Accountable</li> <li>• Self-conscious</li> <li>• Anxious</li> </ul>	

Question	Response option/s
<p>43. <b>How much do you agree/disagree with the following statements? When I'm not using/forget/can't use my wearable it makes me feel....</b></p> <ul style="list-style-type: none"> <li>• Guilty</li> <li>• Frustrated</li> <li>• Anxious</li> <li>• Liberated</li> </ul>	<ul style="list-style-type: none"> <li>• Disagree strongly</li> <li>• Somewhat disagree</li> <li>• Neutral</li> <li>• Somewhat agree</li> <li>• Agree strongly</li> </ul>
<p>44. <b>Have you consciously cheated to record your activity on your wearable?</b></p> <p>45. <b>Here are a number of personality traits that may or may not apply to you. Please indicate the extent to which you agree/disagree with each pair. You should rate the extent to which the pair of traits applies to you, even if one characteristic applies more strongly than the other.</b></p> <ul style="list-style-type: none"> <li>• Extraverted, enthusiastic</li> <li>• Critical, quarrelsome</li> <li>• Dependable, self-disciplined</li> <li>• Anxious, easily upset</li> <li>• Open to new experiences, complex</li> <li>• Reserved, quiet</li> <li>• Sympathetic, warm</li> <li>• Disorganised, careless</li> <li>• Calm, emotionally stable</li> <li>• Conventional, uncreative</li> </ul>	<ul style="list-style-type: none"> <li>• Yes (if so, how?)</li> <li>• No</li> <li>• Disagree strongly</li> <li>• Disagree moderately</li> <li>• Disagree a little</li> <li>• Neutral</li> <li>• Agree a little</li> <li>• Agree moderately</li> <li>• Agree strongly</li> </ul>
<p><b>END</b></p>	