

*[Introduction]*

Hello, I am Avnis. You are going through this questionnaire as it would be really helpful for me if you could help me understand better of what role health applications on your smartphone plays in your life as a fitness enthusiast or how do you use them. This questionnaire consists of 10-15 questions about the mentioned topic. I would also like you to know that kindly answer the questions as if you are explaining the situations to someone who has no prior knowledge of using a health application.

Before you start, just to let you know that I will take your comments as a confidential remark. I will aggregate the data from various participants answering this questionnaire and if we quote you in the final report, we will do so without identifying your response directly traced at you. Also, this is a voluntary task so if you would like to not participate or exit in the middle of the answers, you can let me know and choose not to answer. You can reach me out if you have any queries regarding the questionnaire. Let us proceed.

*[Warm Up]*

What is your full name?

What is your occupation?

What physical activities are you into?

How often do you use health and fitness applications to track your progress or performance?

In general, are you happy with the applications that you use?

If you can share any recent incidents when you used any health and fitness application to track your workout, progress or performance.

*[Follow Up]*

What are the applications you mostly use and also mention your favourite one if you have any?

Does your often used application has any unique or great feature that you would like to share?

How often or when do you check your progress or activity on the application? Is it during or after your training, weekly, monthly or any particular pattern that you follow.

Does that application serves all your health and fitness digital needs or you need to switch between multiple applications to do so?

Do you know anyone else who uses health applications to assist their fitness goals?

*[Other Questions]*

Do you think the available health applications lack some important features for a fitness enthusiast that you would like to use during or for your training? What is it?

How likely would you recommend someone to use health and fitness applications during their training?

Is there anything else which might be relevant that you would like to share? Anything unusual or interesting that happened with the use of health applications?

*[Conclusion]*

Thank you so much for taking out your time to go through these questions and answer them. If anything else reminds of you anything related to similar applications, please feel free to reach me out as you have my email address. Also you can write to me if you have any questions or doubts regarding these questions above. Thank you again for your participation.