FitViz-Ad: A Nonintrusive Personal Reminder Tool to Support and Motivate Chrome Users with Physical Activity

POST-STUDY INTERVIEW QUESTIONS

Participant No: ___________________________
Participant Name: ___________________________
Date: ____________________________

1. Now that you’ve used FitViz-Ad for a week, can you tell me about your overall experience with the tool?

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2. Can you recall any particular positive experience with the tool? If yes, explain.

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3. Can you recall any particular negative experience with the tool? If yes, explain.

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4. Have you used any other reminders before? If yes, any of those reminders related to mobility?

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5. How would you compare FitViz-Ad to other reminders?

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6. How would you describe your first impression when you see a reminder that replaces the ad on the webpage that you’re visiting?

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7. Do you think the reminder you receive motivates you to move around when you’ve been sitting in front of computer for a long period of time? Why or why not?

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8. What other information would you want to see on the reminder?

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9. Do you have any features in mind that you think FitViz-Ad should have to further improve your user experience?

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10. Personally, what do you think would be the motivational factor for you to move around after a long period immobility?

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