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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?

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

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

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

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

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

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?

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

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

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