

FitViz-Ad Pre-Study Questionnaire

What's your name?

How old are you?

Do you currently own and use a Fitbit device?

- Yes
- No

How long have you been using Fitbit?

- Less than 2 weeks
- Between 2-4 weeks
- Between 4-6 weeks
- More than 6 weeks

What's your purpose in using Fitbit?

How often do you check your progress on Fitbit website?

- Never
- Everyday
- Once a week
- Once a month

How many hours do you spend in front of computers surfing the web each day?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- >10

Physical Activity Stages of Change

For each of the following questions, please choose either Yes or No. Be sure to follow the instructions carefully.

Physical activity or exercise includes activities such as walking briskly, jogging, bicycling, swimming, or any other activity in which the exertion is at least as intense as these activities.

I am currently physically active.

- Yes
- No

I intend to become more physically active in the next six months.

- Yes
- No

For activity to be regular, it must add up to a total of 30 minutes or more per day and be done at least 5 days per week. For example, you could take one 30-minute walk or take three 10-minute walks.

I currently engage in regular physical activity.

- Yes

No

I have been regularly physically active for the past 6 months.

Yes

No

Based on Prochaska JO, DiClemente CC. Transtheoretical therapy: toward a more integrative model of change. *Psychotherapy: theory, research & practice* 1982; 19(3): 276-88.

Contact

If you're selected to participate in the study, you will be contacted through the information you provide below.

Email Address:

Phone Number: