FOCUS GROUP QUESTION GUIDE

Welcome

Good evening and welcome to our session. Thanks for taking the time to join us to talk about the use of health and fitness data during a physical activity. My name is Fereshteh Amini and assisting me is Khalad Hasan. We're both with the HCI lab at the University of Manitoba and we work with Dr. Pourang Irani on this project.

Overview of the Topic

Through this project, we like to understand how people like you collect and explore their health and fitness data. We want to know what you like and don't like about the available data visualizations provided through current apps and solutions and whether they allows you to explore your data **in-situ** which means in the course of the physical activity. We are having discussions like this with several other groups. You were invited because you have been collecting and exploring such data and you are familiar with apps and solutions available on mobile and wearable devices.

Ground Rules

Please feel free to share your point of view even if it differs from what others have said. Keep in mind that we're just as interested in negative comments as positive comments, and at times the negative comments are the most helpful. You've probably noticed the microphone and video camera. We are audio and video recording the session because we don't want to miss any of your comments. People often say very helpful things in these discussions and we can't write fast enough to get them all down. We will be on a first name basis tonight and we ask you to keep all comments made during the focus group confidential and not discuss what happened during the focus group outside the meeting. We will not use any names in our reports and the reports will only be used by the researchers on the project.

Well, let's begin. We've placed name cards on the table in front of you to help us remember each other's names. Let's find out some more about each other by going around the table. [start by question 1-a below]

Questions

1. General info, goals, and motivation
   a. Tell us your name and the number of years and the activities during which you have been tracking your health and fitness data. What made you start doing this?
   b. What devices and apps you use? Is there any app that you stopped using? Why?
2. Activity and data type
   a. What types of data are you interested to explore or look at?
   b. [ask them to remember the last time, they were collecting data for an activity], what was interesting in your data to look at? Any insights?
   c. Do you compare your data with others (friends, teammates, etc.)?
3. Tasks and insights
   a. When and how do you usually explore or look at your data? During activity (while jogging/walking) or after? Explain.
   b. What are the limitations of exploring your data during activity?
   c. Are there any questions you have about the data that you currently cannot find the answer for? Why?
4. Data presentation
   a. Can you show us sample data and app you have been using [ask them to show data visualizations using their device]? Which one of the visualizations do you like or dislike and why?
   b. Can you log in to your account online and show us sample data [ask them to log in using a computer]? What you like and dislike about the visualizations?
   c. Would any of these visualizations work for in-situ use? With slight changes to the offline version of it? What kinds of visualization would you like to see for in-situ usage?
5. Interactions and Feedback
   a. What types if interactions do the common apps involve? Anything wrong with how you currently interact with the data in situ?
   b. What types of feedback and notifications do you think are useful and effective during activity? Why?
   c. What kinds of interactions, or feedback would you like to see for in-situ usage?
6. Reflection and action
   a. Is there anything you would like to see that would help you plan your activities, etc.?
   b. Have you ever changed your behaviour based on your offline or in-situ data exploration? (e.g., change of pace, etc.)
   c. Are there any other ways you like to be influenced or have your behavior adjusted based on the data you look at?