Questionnaires to evaluate the Active Lifestyle Application

1. Details to be filled by the interviewer
   Name of the interviewed:
   Date:

2. Please answer the questions below taking in to account your two weeks training plan using the Active Lifestyle Application

2.1. Perceived Usefulness ("the degree to which a person believes that using a particular system would enhance his or her performance")

PU1 ActiveLifestyle facilitates me to perform the strength-balance exercises autonomously at home.

O Completely agree
O Agree
O Partially agree
O Neutral
O Partially disagree
O Disagree
O Strongly disagree

2.2. Use intention ("a course of action that one intends to follow")

INT1 I would use the application again.

O Completely agree
O Agree
O Partially agree
O Neutral
O Partially disagree
O Disagree
O Strongly disagree

INT2 I would recommend the application to my friends and family

O Completely agree
O Agree
O Partially agree
O Neutral
2.3. Motivation ("providing with a reason to act in a certain way")

M1 I usually do not feel motivated to perform physical exercises, ActiveLifestyle helped me.

M2 I like the three metaphors (flower, tree, and garden)

M3 I felt motivated when I saw the plant growing due to my performance.

M4 I felt motivated when I saw the emotional status of the gnome.

M5 I felt motivated when I saw my progress on the bar.
M6 I felt motivated for being aware about the benefits of being physically active informed by the ActiveLifestyle tips on the Bulletin board.

M7 I would feel more motivated using the Social version of ActiveLifestyle, in which I could interact with other training partners.

Please, order the list of motivation strategies below using a numeric scale. For instance, 1 for the most motivating strategy, and 5 for the least motivating strategy.

| the growing garden metaphor | O Completely agree
| the emotional status of the gnome | O Agree
| the progress on the bar | O Partially agree
| the tips about the benefits of being active | O Neutral
| the fact of being monitored | O Partially disagree

2.4. Enjoyment

E1 It was fun to carry out the strength and balance exercises.
| E2 I felt worried during the study. | O Disagree 
| O Strongly disagree 
| O Completely agree 
| O Agree 
| O Partially agree 
| O Neutral 
| O Partially disagree 
| O Disagree 
| O Strongly disagree |
| E3 I felt nervous during the study. | O Completely agree 
| O Agree 
| O Partially agree 
| O Neutral 
| O Partially disagree 
| O Disagree 
| O Strongly disagree |
| E4 I felt frustrated during the study. | O Completely agree 
| O Agree 
| O Partially agree 
| O Neutral 
| O Partially disagree 
| O Disagree 
| O Strongly disagree |
| E5 I will miss the exercises and the ActiveLifestyle app | O Completely agree 
| O Agree 
| O Partially agree 
| O Neutral 
| O Partially disagree 
| O Disagree 
| O Strongly disagree |