

Activity App Survey Findings

Overview

19 people answered the survey. The survey was advertised on Reddit, in two Facebook fitness groups, and to my friends and family on Facebook. The request was for answers from people who have an Apple watch and use the Activity app..

Summary of Answers

Activity App

- Most people check the Activity rings daily. 17 out of the 20 people surveyed check daily, with four people specifically stating they do it multiple times a day. The question in the survey did not ask how many times they check, so this information was volunteered. Based on answers to other questions about the usage, it could be the case that more people check regularly, since a high number of people answered that they are motivated to continue streaks of “perfect days” (closing all three rings) and months regularly.
- One person stated they never check the app, one person said multiple times a week, and one person said a few times a month.
- Almost every person (17 total) stated that they were motivated to close the rings every day. One person responded “most of the time” and one person responded “most days”.
 - *NOTE : This was much higher than I was expecting, and leads me to believe that the app is very effective in engaging users and teaching them to create this kind of a daily habit.*
- A few people used the Activity app to track standing and move goals, but most people were highly motivated to close all three rings on a daily basis, and a high number of people strive for perfect months of closing all three rings.
- A number of people mentioned that they’d like an option for a rest day and to not have the pressure every day of a 30 minute workout. They want to close all the rings but felt it was important to have a rest day included in their weekly exercise routine.
 - *NOTE : this would be a good feature to include, and perhaps could be worked into the meditation goal.*

Breathe App and Meditation Habits

- 7 people do not use the Breathe app at all.
- Most of the respondents use it when the notification pops up or occasionally. A number of people said they use it when feeling stressed, and two people say they use it to meditate.
- None of the respondents currently track their meditation habits.
- One person said they use a third party app to meditate.

Activity App Survey

Thank you for taking a moment to fill out this survey! I am a UX designer interested in learning more about people's habits with the Activity app on Apple Watch and iOS. If you'd be open to speaking with me more about your responses, please let me know at the bottom of the form.

How often do you use the Activity app?

Your answer

Tell me about how you interact with the Activity app. For example, Do you try for perfect days and perfect months? Are you motivated by the monthly challenges? Do you use it more casually?

Your answer

Are you motivated to close the rings in the Activity app each day?

Your answer

What do you like about using the Activity app?

Your answer

Does anything bother you about the Activity app?

Your answer

How do you feel about the notifications you get throughout the day from the Activity tracking app?

Your answer

Do you meditate? If so, can you tell me about your meditation practice? For example, do you use an app, do you have a set time and place, do you practice occasionally, etc.

Your answer

Do you track your meditation practice in any way, or set goals?

Your answer

Do you ever use the Breathe app on the Apple Watch? How do you use it?

Your answer

Would you be interested in talking with me in person about your answers? Please put your email below and I will get in touch.

Your answer

Thank you for taking the time to fill this out!

Submit

Page 1 of 1

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Timestamp	How often do you use the Activity app?	Tell me about how you interact with the Activity app. For example, Do you try for perfect days and perfect months? Are you motivated by the monthly challenges? Do you use it more casually?	Are you motivated to close the rings in the Activity app each day?	What do you like about using the Activity app?	Does anything bother you about the Activity app?	How do you feel about the notifications you get throughout the day from the Activity tracking app?	Do you meditate? If so, can you tell me about your meditation practice? For example, do you use an app, do you have a set time and place, do you practice occasionally, etc.	Do you track your meditation practice in any way, or set goals?	Do you ever use the Breathe app on the Apple Watch? How do you use it?	Would you be interested in talking with me in person about your answers? Please put your email below and I will get in touch.
2/17/2020 9:03:55	I check it at least 3 times a week	I like doing the monthly challenges. And my big thing is getting 3 rings together.	Yes	I like seeing how active I am during the day	I wish there was a sleep tracker connected to it. Then it would be perfect.	It's not bad. It keeps me on track with my stand hours.	No	N/A	I've used it before when I've been anxious and needed to slow down for a few seconds.	No thank you
2/17/2020 9:55:13	Everyday	I try to reach every goal close every circle at least 5x day	Most days	It lets me know how my days are compared	No it's fine	I like it	I usually just use the breathe app on my watch for longer times I don't use anything	No	Yes I use it when I'm feeling tense	
2/17/2020 10:44:14	Never									
2/17/2020 12:04:37	Often! Multiple times daily	I use the stand goal. Exercise (when I remember to start it at the beginning of the workout). And I use the goals to motivate me daily. My husband and I are connected and sometimes we challenge each other.	Most of the time	It keeps track of my activity for me	When I was a fitbit user, the 'activity' would be measured on its own. If I don't remember to hit the button, then my activity isn't counted.	I like them	No		I do use it sometimes. When I'm over stressed or anxious. When it's notification pops up I will use it too	Bordeaud@gmail.com
2/18/2020 7:29:47	daily	I do try to close my rings every day and get 10k steps per day. I like the challenges but I tend to forget about them since I do not receive notifications for them.	yes!	Tracking workouts - primarily for heart rate. Step tracking. Comparing how active I was this week/month/year to previous.	Not a specified workout category for crossfit! When it tells me to stand at the end of each hour and I spend 3-5 minutes walking around but it still doesn't register that I've stood up. When I have 10 calories left on my move goal before I go to bed, but then I wake up the next morning to find that I didn't burn those 10 cals during the 4 hours of sleep before midnight.	I find them motivating when I am close to hitting a goal!	I used to use headspace but no longer. Primarily because I do not make the time for it.	No	No	
2/19/2020 11:58:02	Every day	Perfect weeks for now, if I can get it to a month I'd love it. Been on a diet the last 4 weeks.	Oh yes, because I know I may hate working out, but in a few months when I get my goal weight it'll be worth it	I love the accuracy of the app compared to treadmill and exercise tables	Not really. Sometimes it'll stop tracking head rate, but maybe that is sweat	I'm cool with them because I like the motivation. I hate the breathe stuff though	Nope	N/A	Once the entire time I've had a watch(like since it came out)	tjwhite4@crimson.ua.edu; sure why not
2/19/2020 13:07:10	Daily	To keep me motivated and accountable. I try for perfect days, months, challenges, etc. on my least motivated day, I know that I have to go for a walk. It's helped create healthier habits.	Yes	The metrics	I mostly use 3rd party apps for my work outs because the activity app needs you at a certain heart rate to count all of your work out. Doesn't seem like even Apple can say what that heart rate would be.	I don't mind them. Sometimes they're annoying when I wake up at 4am instead of 3:30 and it wants to notify me right away that I'm normally further along by now.	No	N/A	No	Shannon.steryou@gmail.com
2/19/2020 13:18:59	1-2 per month	I use it when I am going to the gym to track my activities or when I am hiking or cycling outdoors. But right now I am going a lot of boxing and that's why I can't wear it.	It really depends. Some weeks yes and sometimes I just ignore it.	If I am up for it, it really motivates me.	Sometimes the messages bother me.	Usually I don't mind them. I should look into it how to personalize them so that they actually fit my daily routine and my goals.	I have phases where I meditate daily and there are some months where I can't stick to my routine.	I use the app headspace to meditate.	No I don't use it or very rarely.	anninaschamberger@me.com
2/19/2020 16:41:47	Daily	Work for perfect days and towards the challenges.	Yes	Visualization of goal and aggregate of activities over time.	The "anxiety" of breaking a streak.	They are helpful and keeps on track.	Yes. Just user a timer. At home. Daily.	No. Daily practice focusing on breath and being present.	No. It's to inconsistent with notifications.	wwaikido98@gmail.com
2/19/2020 16:42:13	Daily a couple of times	I use it for perfect months and closing move and stand goals. My exercise goal I try to close but typically don't mind if I don't at the end of the day	Mostly stand and move yes. I will walk around more to close my move ring	It keeps me at a basic level of calories burned each day	Sometimes the workouts don't auto start when I forget but that's an easy fix	I appreciate the stand ones bc when working it helps me to get up and move around a little	I don't meditate	NA	Once in a while	
2/19/2020 20:21:38	Daily, rarely do I miss a day.	I try to close rings everyday. I am not so keen on the monthly challenges.	Yes. It keeps reminding me, atleast thrice a day.	That's it's so easy to track my stats.	It used to bother how move or exercise wasn't getting recorded properly. Now it's sorted since I know how to wear the watch properly.	It's good. Especially the Breathe one.	Whenever it asks me, that's the only times I meditate.	Nope.	Often. Whenever it recommends.	satish.dasi@gmail.com
2/20/2020 3:39:16	Daily - multiple times day	I close my move and stand ring daily, always shoot for perfect month and challenges. I believe strongly in rest days and am less rigid about perfect exercise, but I do hold myself to at least 3 workouts a week.	Yes	I like that I can track my consistency and the accountability factor.	The emphasis on closing the exercise ring daily bothers me because rest days are important. Not everyone is going on a 30 Min walk every day. I do HIIT 4x a week and worry about injuries	Mostly fine. But since I work out in the AM I find it strange that the coaching at 10a on a rest day is says my rings are normally further along - it's only 10a!	No	No	Used to but was very inconsistent with it	Devin.dominguez@gmail.com
2/20/2020 4:53:43	every day	I interact with the Activity app by sharing my data with my friends and see their data pop up whenever they finish a workout or close a ring. It keeps me highly motivated and in a slight competitive mindset. I've been trying to aim a perfect week but sundays are my rest days and I don't get a lot of activity so my green and red rings are hard to complete. I try my best to complete monthly challenges but some aren't realistic to me and my lifestyle.	Yes almost every day I'm working towards it so much that I've changed my watch face so I can see the rings at just one glance	Sharing data with friends!!!! So much fun it's like we're all motivating each other even if we are so far away in real life	I wish sharing data was a lot quicker or easier. I've had some difficulty trying to share with friends or family members (I.e they don't get the invitation when I've sent many times and vice versa)	Sometimes annoying but also very very motivating and holds you accountable for completely your daily goals	No I have no started meditating but I do love to do yoga and I'll record my yoga classes on the activity app		Slightly occasionally. I would say once every week to 2 weeks. I definitely want to work on it because I know it will help me in the long run.	No thank you.
2/20/2020 4:59:37	Daily	I'm trying to keep a move streak going and also I try the monthly challenges.	Yes	That it doesn't just rely on steps - as a swimmer my swims count significantly towards my goals.	Not being able to see weekly and monthly cumulative totals. Not having more training specific features such as recovery etc.	Helpful to keep me on track	No	No	Yes - when I wake to get the HRV reading for autosleep plus sometimes at night if I'm restless to get me relaxed for sleep	
2/20/2020 6:55:16	Daily	I love the monthly challenges, but the perfect months just got to be too much for me!	Yes	I love that it makes me more mindful of how much I have moved during the day	I wish there was a day off option	I don't mind them!	No	No	Yes, but very infrequently. It is nice to breathe though!	Halihanrahan@yahoo.com
2/20/2020 10:21:05	Daily	The activity app motivates me. I finish all the challenges and am working now on 70 weeks of fully closing all my rings	Absolutely	The motivation	Sometimes the challenges seem to be far too much from one's previous data	I usually only get one, so it's fine. If it were more I might find it annoying	No, I don't meditate and I turn off notifications for the breathe app	n/a	No	I don't have issues talking with you, but I can't talk at work, and don't have signal at home
2/21/2020 3:55:17	Everyday	Perfect days. Definitely not perfect months. Rest days are important.	Yes	Visual feedback	Doesn't track sleep	Annoying sometimes. Especially the meditation one. Or sometimes I'm at work and can't do a whole lot about it right at that moment.	I don't meditate	N/A	No	Nah
2/21/2020 5:58:11	Every day, few times a day	I aim to close my rings every day. I also do challenges when they're available.	Yes	Lots of info about your day to day activity. I also like sharing with other users	Only when apps glitch (Nike run club, Nike training club, etc)	They're cool. Usually help motivate me to close my rings for the day.	Not really, used the app once (Mind and Body exercise) and the calories burned were way too high.	No	Yea usually use it before bed or before/after workouts	Not really. Cool stuff though!
2/21/2020 8:45:10	Every day pretty much	I definitely want to close all rings every day and earn all the awards I can	Very much so	It's making me a lot more conscious about moving and not just sitting for more than an hour	Not currently	Some are good but it annoys me that it can't differentiate between work days and none work days, I can go out exercising a lot more at the weekend!	Not really but would like to	Notbyet	Sometimes, I think it's a great idea, especially if feeling overwhelmed but I'm quite calm at the moment anyway	arielpayit4ward@gmail.com
2/21/2020 11:48:14	daily, checking it all throughout the day		yes very. I often go for perfect days to perfect months	i like the challenges and meeting the daily goals. It helps me keep track of my workouts	some functionalities of the workout app bother me. For example it doesn't track my walking workouts very well because I walk with the dog and she stops a lot.	Motivating now but were a little annoying at first. They remind me to stand and things like that.	occasionally with the breathe app. I try to meditate regularly but haven't built up a habit yet	no	yes i use it to meditate	