

## Health and Fitness Tracking

### Concept

Health and Fitness Tracking

## Blood Pressure

### Concept

Blood Pressure

### Items

- [6126 - Do you use a smartphone app to track or manage... \(Blood pressure?\)](#)

 6126 - Do you use a smartphone app to track or manage... (Blood pressure?)

Do you use a smartphone app to track or manage... (Blood pressure?)


## Blood Sugar

### Concept

Blood Sugar

### Items

- [6130 - Do you use a smartphone app to track or manage... \(Blood sugar or diabetes?\)](#)

 6130 - Do you use a smartphone app to track or manage... (Blood sugar or diabetes?)

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## Diet

### Concept

Diet

## Items

- [6124 - Do you use a smartphone app to track or manage... \(Diet, food, or calories?\)](#)

 6124 - Do you use a smartphone app to track or manage... (Diet, food, or calories?)

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 Heart Rate

## Concept

Heart Rate

## Items

- [6127 - Do you use a smartphone app to track or managE... \(Heart rate?\)](#)

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 Medications

## Concept

Medications

## Items

- [6131 - Do you use a smartphone app to track or manage... \(Medications?\)](#)

 6131 - Do you use a smartphone app to track or manage... (Medications?)

Do you use a smartphone app to track or manage... (Medications?)

 Menstrual Cycle

## Concept

Menstrual Cycle

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## Items

- 6128 - Do you use a smartphone app to track or manage... (Period or menstrual cycle?)

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 Mode

## Concept


Mode

## Items

- 6120 - Some cellphones are called "smartphones" because of certain features they have. Do you have a smartphone?
- 6121 - Which of the following best describes the type of smartphone you have? Is it an iPhone, an Android phone, a Windows phone, or something else?
- 6122 - Do you use any smartphone apps to track or manage your health?
- 6135 - Have you ever used a fitness or activity tracker?
- 6140 - In the past month, what device did you use/What device did you previously use... to monitor or track your fitness? If you used multiple devices, please provide the device you used most often for monitoring or tracking your fitness.

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 6135 - Have you ever used a fitness or activity tracker?

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 6140 - In the past month, what device did you use/What device did you previously use... to monitor or track your fitness? If you used multiple devices, please provide the device you used most often for monitoring or tracking your fitness.

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 Mood

Concept

Mood

Items

- [6132 - Do you use a smartphone app to track or manage... \(Mood?\)](#)

 6132 - Do you use a smartphone app to track or manage... (Mood?)

Do you use a smartphone app to track or manage... (Mood?)

 Other

Concept

Other

Items

- [6134 - Do you use a smartphone app to track or manage... \(Something else?\)](#)

 6134 - Do you use a smartphone app to track or manage... (Something else?)

Do you use a smartphone app to track or manage... (Something else?)


 Permission

## Concept


## Permission

## Items

- 6141 - Are you willing to give our research team temporary access to your [DEVICE] activity data from the past?
- 6142 - Our research team is interested in learning the reasons why some people choose not to give access to their fitness or activity tracker data. Why did you choose not to allow our research team to access your [DEVICE] data?

 6141 - Are you willing to give our research team temporary access to your [DEVICE] activity data from the past?

Are you willing to give our research team temporary access to your [DEVICE] activity data from the past?

 6142 - Our research team is interested in learning the reasons why some people choose not to give access to their fitness or activity tracker data. Why did you choose not to allow our research team to access your [DEVICE] data?

Our research team is interested in learning the reasons why some people choose not to give access to their fitness or activity tracker data. Why did you choose not to allow our research team to access your [DEVICE] data?


 Physical Activity

## Concept

## Physical Activity

## Items

- 6123 - Do you use a smartphone app to track or manage... (Physical activity or exercise routines, including specific types of exercise such as walking, running, workouts, or yoga?)

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## Pregnancy

Concept

Pregnancy

Items

- [6129 - Do you use a smartphone app to track or manage... \(Pregnancy?\)](#)

 6129 - Do you use a smartphone app to track or manage... (Pregnancy?)

Do you use a smartphone app to track or manage... (Pregnancy?)


## Sleep

Concept

Sleep

Items

- [6133 - Do you use a smartphone app to track or manage... \(Sleep?\)](#)

 6133 - Do you use a smartphone app to track or manage... (Sleep?)

Do you use a smartphone app to track or manage... (Sleep?)

## Usage


Concept

Usage


Items

- [6136 - Approximately when did you first start wearing a fitness or activity tracker? Would you say you first started...](#)
- [6137 - Have you worn a fitness or activity tracker in the past month-that is, since \[FILL DATE 30 DAYS BEFORE INTERVIEW\]?](#)


- 6138 - Approximately when did you last wear a fitness or activity tracker? Would you say it was...
- 6139 - How often do you wear a fitness or activity tracker?/Thinking about when you used to wear a fitness or activity tracker, how often did you wear one? Would you say...

 6136 - Approximately when did you first start wearing a fitness or activity tracker? Would you say you first started...


Approximately when did you first start wearing a fitness or activity tracker? Would you say you first started...

 6137 - Have you worn a fitness or activity tracker in the past month-that is, since [FILL DATE 30 DAYS BEFORE INTERVIEW]?

Have you worn a fitness or activity tracker in the past month-that is, since [FILL DATE 30 DAYS BEFORE INTERVIEW]?

 6138 - Approximately when did you last wear a fitness or activity tracker? Would you say it was...

Approximately when did you last wear a fitness or activity tracker? Would you say it was...

 6139 - How often do you wear a fitness or activity tracker?/Thinking about when you used to wear a fitness or activity tracker, how often did you wear one? Would you say...

How often do you wear a fitness or activity tracker?/Thinking about when you used to wear a fitness or activity tracker, how often did you wear one? Would you say...

 Weight

Concept

Weight

Items

- 6125 - Do you use a smartphone app to track or manage... (Weight?)

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Do you use a smartphone app to track or manage... (Weight?)