

## Appendix

---

### A1. Unique Responses at Visit 1 (Girls)

---

#### Dashboard Likes

The way you can go back (in time) to see your steps  
There are so many steps, moves, and miles  
Like how it measures what you do everyday  
It tells you how many steps in the month, year, whole  
It tells you how far you are towards your goal  
You can pick a date and see how many moves you have for that day  
It seems like the watch has eyes and sees stuff  
How it is to get around to see stuff  
It tells you exactly  
Like how it shows your data so you don't have to keep track of it  
You can use the arrows to see how much you are exercising

#### Dashboard Dislikes

Boring to look at  
Don't remember the password then you can't get in  
Nothing  
You can get lost easily  
It's pretty fine

#### MOVband Likes

It can count your steps  
Easy to work (buttons)  
I like how it's comfy  
You can see how many miles you have  
I like the buttons on it  
How it restarts by itself every day  
It's cool how it records everything  
How you can see the time  
How you can adjust the size of the band  
How it stays on (the display)

#### MOVband Dislikes

I don't like the color  
I don't like how the time goes straight down  
It's not pretty  
Nothing that I don't like about the watch  
Feels weird on my wrist because its flat; has a little extra space on the side  
How you can't slide like (display like fitbit)  
Nothing , really  
I agree with (referring to the dislike of the color)  
Not waterproof

---

## Appendix

---

### A2. Unique Responses at Visit 2 (Girls)

---

#### Dashboard Likes

Seeing how you passed your goals  
I like how I can look at movements  
See how awesome you are at moving  
How it piles your steps in one big pile  
I like the same things from last week  
It tracks your miles, steps and you can pick which day you want to look at  
I like how I had a certain goal  
It's cool  
You can [count] miles, steps, and moves  
It is colorful  
You can go as back as you like (to see your activity)  
How it rates your steps (the graphs)

#### Dashboard Dislikes

Sometimes you don't know what to do and what to press  
Boring to look at  
The color was ugly  
How it doesn't tell you your whole total  
It's hard to believe that my steps were low  
You can get lost in time  
My activity didn't show up  
I don't like the program

#### MOVband Likes

How the screen glows when you press the button  
How the miles don't reset every night  
It can tell time  
Like how it feels on my wrist  
It's black and black goes with everything  
Light and sometimes you forget that you are wearing it  
Comfortable to wear  
How it charges  
Played with it when bored in class; put on my ankle  
Like how its stiff up top (top of monitor)

#### MOVband Dislikes

Not waterproof  
It's uncomfortable, it's itchy, to sleep in too  
Sometimes when you put it on it felt uncomfortable  
It gets too much attention  
Doesn't count the movement right when it happens  
When I put it on there was still extra space, it felt weird (small wrists)  
Taking it on and off every night  
How it restarts steps  
Tells time upside down  
it didn't tell the right time  
Distracts me in class  
It's ugly  
I forgot to take it when you step in the shower  
When you press the button to go to the next thing it just glows  
When I held down on the glowing button it erased the steps  
Because it is not going across but up and down it is confusing (steps, moves)  
I don't like that you can leave it in the bathroom (after a shower)  
Sometimes you put it on backwards but can tell once I put the light on  
It makes you ashy

---

## Appendix

---

### A3. Unique Responses at Visit 1 (Women)

---

#### Dashboard Likes

Easy to navigate  
Incentives and prizes  
No advertisements  
Very Simplistic  
Shows daily, weekly, monthly  
Gives you a challenge (challenge groups)  
You can start where you feel comfortable (goals) as opposed to where others are starting  
Have a goal and let you know where you are  
Color-easy on the eyes; positive  
Community and group aspect  
Not only steps, shows miles  
I like that there is a leaderboard  
Only I can see sensitive information (in health log)

#### Dashboard Dislikes

Set goals to specific days; How to personalize goals  
Doesn't allow you to keep track of HR, calories burned, or BP  
Can't compare Mov Data with weight loss  
No bluetooth capability  
I don't know what a move is? (FAQ's about qualifications)  
Hilarious that you can share on LinkedIn and need more social media options  
Wish it could be integrated with a food journal (streak feature)  
Kind of boring  
Download data in CSV file  
Time specific data  
Connectivity Issues  
Can't customize your own (website)

#### MOVband Likes

Long battery life  
Price  
Narrow and not bulky on wrist  
Different colors (of bands)  
Backlight at night  
Comfortable  
Easy to put on  
Like that it shows the moves and miles  
It doesn't take a lot to see what I am doing -- only 2 buttons on it  
Don't have to go through a lot of steps to connect. Just plug in  
Looks just like a watch  
Display is always available

#### MOVband Dislikes

Vertical display -- want to read it left to right  
Not waterproof; most movement in the shower  
Like it better if it's round  
More features (time, alarm clock, etc.)  
Analog  
Would like different color; black is masculine  
Alert for when you reach a certain goal  
Date  
Wouldn't wear with normal clothes - only exercise clothes  
Feature that lets you know you haven't met your goals  
Doesn't show the steps

---

---

### A4. Unique Responses at Visit 2 (Women)

---

## Appendix

---

### Dashboard Likes

Did I reach my goal (under/above)  
Breakdown by times hour by hour  
Dashboard  
Tells you the % toward your goals  
Fast-synced - more likely to sync often  
Sync other devices to the website  
Graph of what I've done  
Interact with others on the website  
Being able to see different breakdown (moves, steps, miles) as far as your goals  
I could see why I didn't meet my goal  
Neat to see day by day progress

### Dashboard Dislikes

Connect to calorie tracker and get credit for calories burned - my fitnesspal (iPhone)  
Can't set the goals/set for 4 miles but may want more  
Being able to put in height and weight to track BMI and weight loss  
Calorie thing (lack of)  
Don't ask for your measurements (height and weight) and how movement impacted these measurements  
Not a way to see % change from last week  
Is there a way to see feedback on your goal? (Suggestion to achieve goal next week)  
Could have tips to reach your goals if you didn't  
Still bland

### MOVband Likes

Time  
Backlight  
Didn't have to charge it  
It is really good feedback in terms of my moves and steps  
It didn't reset your miles every day so you can see how many miles per week instead of per day  
It blended in  
Easy to put on  
Wasn't as bad wearing it every day as I thought it was going to be  
Resets automatically at midnight  
Not easily reset - kid friendly  
Miles feature  
Liked how a "move" was a little more exaggerated than a step  
Liked how the rubber doesn't absorb liquid (sweat)  
I didn't mind sleeping in it  
People at my job thought it was a smart watch  
Almost the same reported mileage as the treadmill

### MOVband Dislikes

Doesn't show the date  
Other ways to wear it other than wrist  
Smaller band - constantly was adjusting it  
Not waterproof  
I wish it had a thing for steps too  
I wish that it was a different style; I had it on with a dress when I went to a nice restaurant  
Didn't have a timer  
Stood out (physically off of the wrist)  
Made me take it off for certain things/events  
Just don't like things on my wrist  
Clasp moves around and doesn't always do what it's supposed to  
Time is vertical  
I didn't like sleeping in it. It was too tight. If I loosened it then it would move around my wrist  
Orientation -- round/horizontal  
I wish the miles reset every day  
Wear and tear for a short period of time  
I wished that it was more like a bracelet  
I didn't like that it didn't have Bluetooth

---