# Questionnaire

Most of the questions that we chose to put in the questionnaire are related to the potential tasks of our system. The task-related questions help us determine whether the tasks are truly meaningful to our users and how to make better design decisions. The obstacle-related question gives us insights about potential new tasks used to increase goal completion rate. Finally, the question about the interface gives us an understanding of the users' habits and provides a point of reference about which platform to choose.

All of the questions are close-ended questions, which are easier and faster to answer. The results are all quantitative.

Q1: Do you prefer to write your goals down somewhere (ex. paper, postits, phone application, etc), rather than keep them inside of your head?
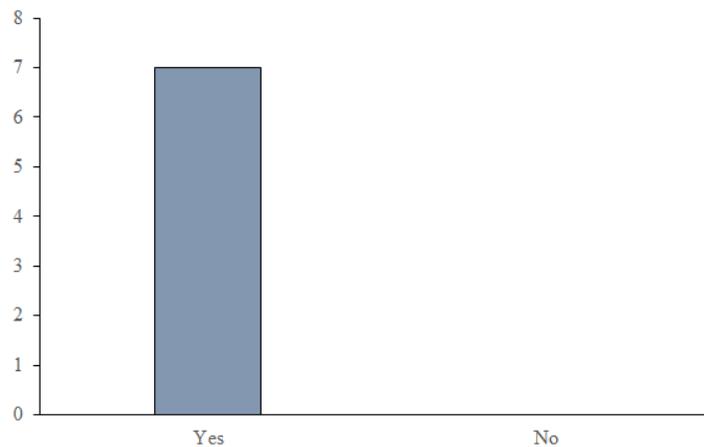

1. We asked subjects whether they prefer to write goals down or just keep in mind. This question is to help us figure out whether the goal-tracking task is truly meaningful to our users. We discovered that all of the subjects write down their goals as a good way to check and remind themselves. Subsequently, the tracking and reminding task will be important and useful for our target users.

Q2: Concerning your goals, how frequently do you check to see what you have to do? (Circle one.)
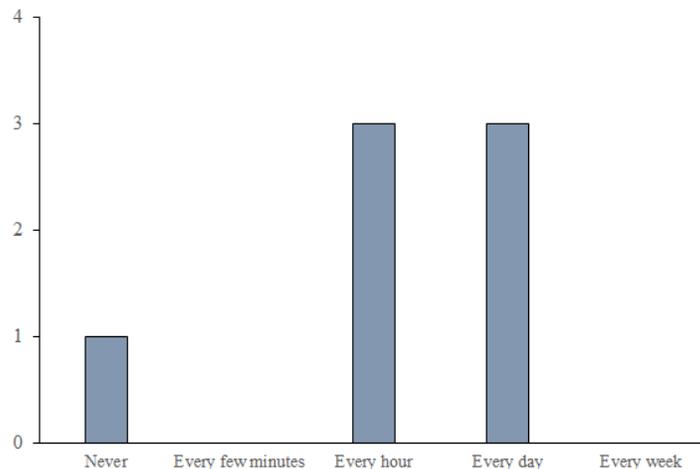
2. We asked subjects about the frequency of checking their goal steps. This question is to help us figure out whether there is an urgent need for users to check their steps and also the possible frequency of sending reminders. Most of the subjects check their goals on an hourly or weekly basis. Therefore, we understand that there is a need for a goal-checking task in our application.

Q3: What are you most likely to use to remind yourself of your tasks? (Circle one.)
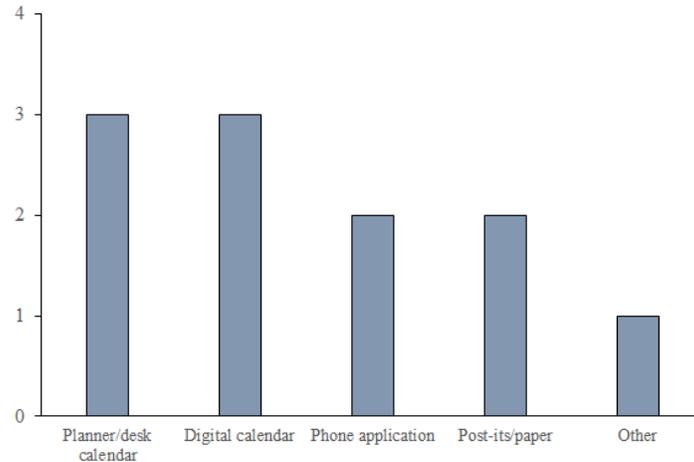
3. We asked the subjects about the method they most likely to use to remind themselves of their tasks. The result indicates that their methods of reminding themselves are quite diverse. This diversity indicates that there is not such a thing as a single most popular or satisfactory reminder system around yet, so it will be meaningful to design one.

Q4: How annoying do you find reminders? (Circle one.)
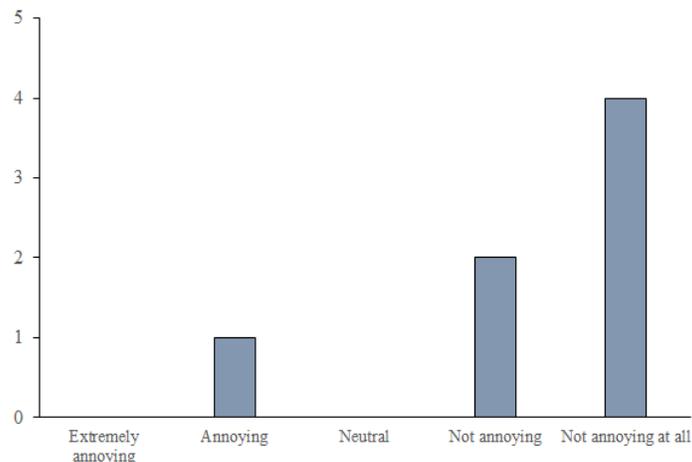
4. We asked the subjects the amount that they find reminders annoying. Most of the people find them hardly annoying at all. So an automatic reminder feature would probably be acceptable to our users; at least it is not harmful to design one that can be turned off.

Q5: How useful would you find it to be reminded of the incentives you get for completing goals or subgoals? (Circle one.)
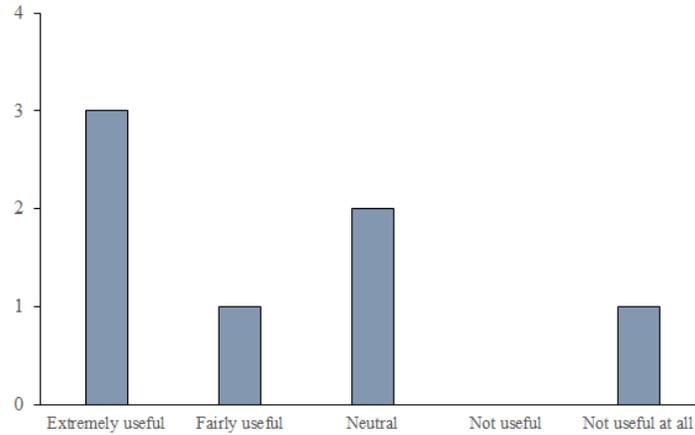

5. We asked them how they feel about being reminded of the incentives they get for completing goals or sub-goals. They think that they will feel motivated by being shown the incentives for completing goals. We believe this is because it can be seen as a reason for them to progress. Therefore, we could show the incentives from time to time.

Q6: How likely are you to share the results of your accomplishments? (Circle one.)
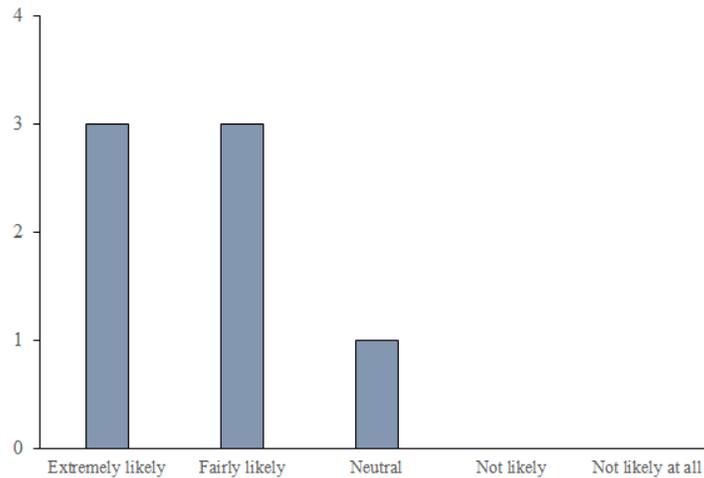

6. We asked whether they like to share their results of their accomplishments with others, and everyone either liked or was ambivalent toward sharing.

Q7: Do you like to see others' accomplishments advertised?
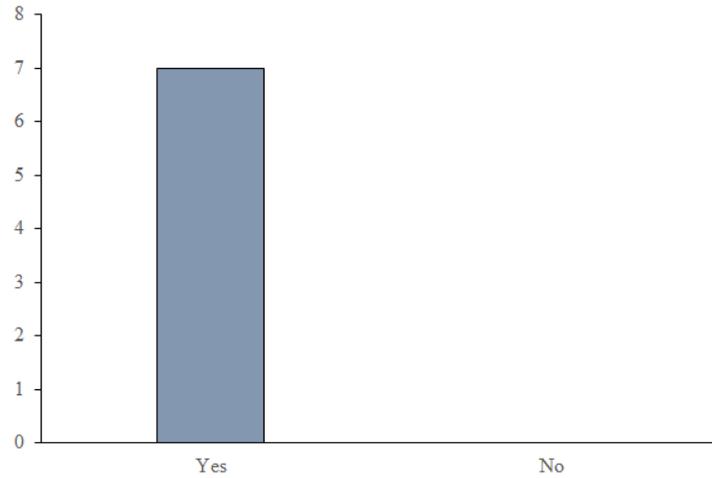
7. We asked whether they like to see others' accomplishments, and it was a unanimous 'yes'. The results of Questions 6 and 7 give solid reasons to have a 'sharing' task within our system to encourage the user to work on their goal and aid each other, developing a community.

Q8: Rank how much each of the following makes you delay completing your goals, from most distracting (1) to least (5).
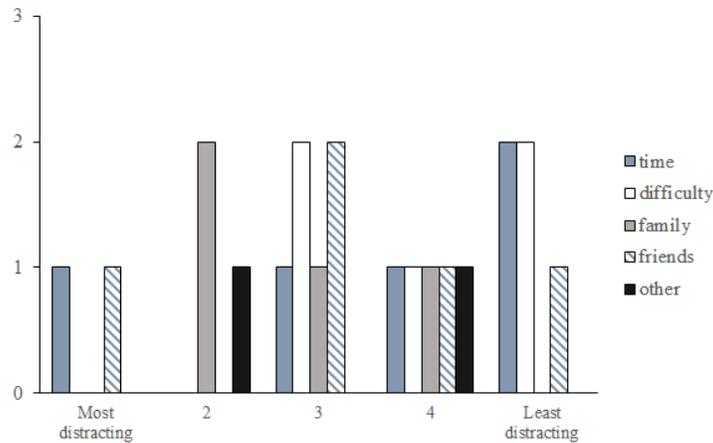
8. We asked them to rank how much each of some common issues impede their completion of their goals, and although the answers were mixed, time, friends, and family seem to be the most distracting items that delay their progress. These are aspects we should take into consideration and find new solutions.

Q9: How often do you feel the need to readjust your goal steps? (Circle one.)
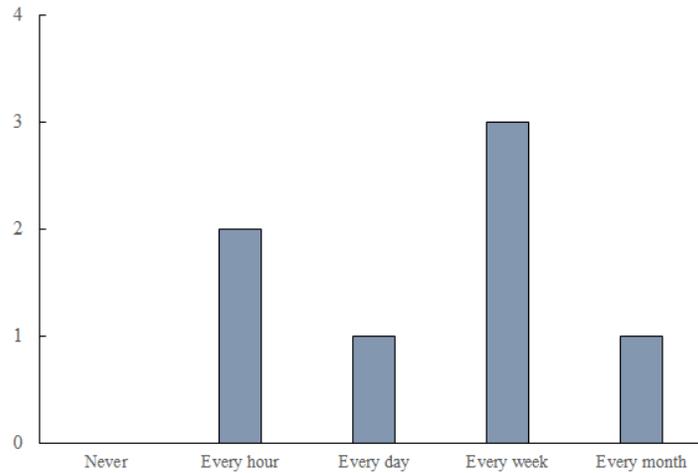
9. We asked them the frequency of feeling the need to readjust goal steps. Most of the answers fell into hourly and weekly. Regardless, everyone felt the need to readjust their goal steps at some point, indicating that this is a task we should probably include.

Q10: How likely are you to use a smartphone application to organize your goals? (Circle one.)
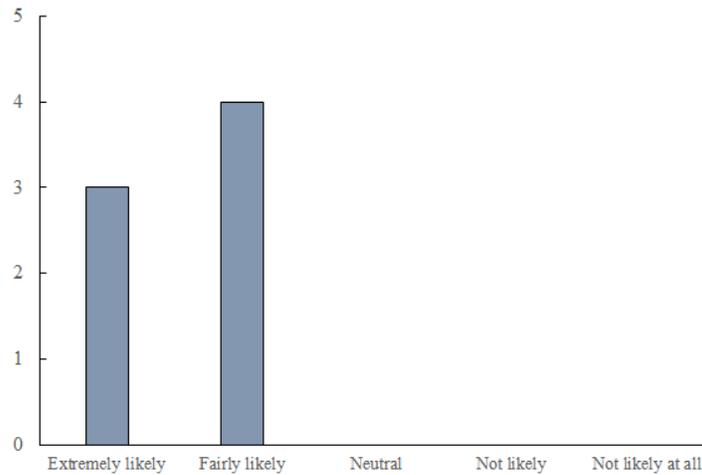
10. We asked whether they would like to use a smartphone application to organize their goals. And the answers showed that they think they are likely to do so. This gives us solid evidence for choosing smartphones as our primary interface.