

Erkka:

1. Do you do sports?

-Yes.

2. What kind of sports do you do?

-Cricket, football, badminton.

3. How would you describe your relationship to technology in general?

-I use it for education and communication. Social media. Not against technology. Advantages overweight disadvantages.

4. How would you describe your relationship to sport-related technology in particular?

-Haven't used. But think they are good. Gives idea about health.

5. How often do you exercise?

-About three times a week.

6. Do you use any tracking device when exercising? Why/why not?

-I don't feel like I need these things. If I did running or trekking I would use them.

7. What do you think is the greatest benefit of using such a device?

-You can check heartbeat. You can continuously monitor. Instant information.

8. Do you find the information given by the device useful?

-Yes. That's why lots of people use them.

9. What information about your exercise would you like to have?

-Stretching of muscles.

10. In what ways do you keep track of your well-being?

-Not at the moment. But could track sleeping.

Esa:

Participant 1

1. Yes

2. Horseback riding and walking regularly, bouldering and badminton relatively regularly.

3. Companionship, it's present with almost everything I do and I'm familiar and comfortable with it

4. Up and down, I am too lazy to care too much about it. I like things that work automatically with no set up, like activity watches

5. 2-3 times a week to a sweat, walks everyday

6. For walks no, the goal with those is to get my dog in shape, not me. For riding I try to remember my smart watch so I know how many calories I have approximately burned because it gives me motivation to keep up with a healthy lifestyle. Same for badminton. For climbing I haven't tried the watch yet, I'm not sure if it would get in the way and I'm not on the wall constantly so I feel like it would presume I have moved more than I did and I would get too optimistic with how much I can eat.

7. Like I already mentioned above, seeing in numbers too that I have really done something keeps my motivation up not to eat like a pig when I'm home

8. Most of it yes. I have my phone with me when I go on walks and Google Fit keeps track of my route but very badly, it jumps around and doesn't get the real route. This I find useless.

9. Burned calories, pulse zones -> aerobic/anaerobic -> how much fat is burned, routes for walking because I'm bad at orienteering, it would be useful for later walks to know where I have been. Approximate "palautumisaika".

10. Weighing myself as often as I remember, goal is daily and keep track of it with an app. I have done "kehonkoostumusmittaus" with my own scale once a year. I have done calorie counting before but now I know how much is in about everything so I know in my head how much I have eaten and how much I can still eat. My cholesterol is a bit high so I get bloodwork done about once a year to keep track of that. I also have a good grasp of much I \_need\_ sleep and will try my best to sleep that much.

#### Participant 2

1. Yes

2. walking, treadmill, nordic walk,

3. Familiar, helper, information

4. Look "3",

5. 1-3 times/w,

6. Yes, Polar ,430, info,engineer-porn

7. progress, fails, info, learning

8. Yes

9. Time, length, route, pulse (max, average, min, training effect)

10. On every exercise I use my device AND my Polar m430 records my life 24/7.

#### Participant 3

1. Sillon tällön

2. Lähinnä hyötyliikuntaa mut lenkit

3. Se on osa elämää koska se helpottaa elämää ja viihdyttää

4. En yleensä käytä koska kalliita verrattuna hyötyyn

5. Epäsäännöllisesti

6. Sport tracker johon yhdistetty sykemittari sydänhäiriön tilan seuraamiseksi
  7. No se tuli jo mutta jos urheilis useemmin vois seurata ja vertailla tuloksii
  8. Nojoo mut eläisin ilmanki
  9. En tiiä vaihtoehtoja
  10. Sykettä seurataan sydänvian takia
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Anton:

Participant 1:

1. Sometimes
2. Depends, usually gym or ball games
3. good, I use it everyday
4. I think it's very useful, I use it myself
5. Säännöllisen epäsäännöllisesti
6. Yes because I think it helps me to perform better
7. Better development
8. Yes.
9. I think I almost get everything useful, recovery could be better
10. Sleep, training, what I eat

Participant 2:

1. When I have time
2. Gym, running, some ballgames football floorball
3. Quite good, I use technology everyday almost all the time
4. I use it almost everyday
5. I try to 3 per week but usually don't get to that
6. Yes because it lets me track my performance
7. Information I get regarding performance
8. Yes
9. Recovery, what I could improve on, personal exercise suggestions
10. How I sleep, the training I do and how many times per month