

APPENDIX A: Allocated Task During first, final Meet-up session and in-between those session

Session 1: First-meet up Device and Application Setup	Use of device and associated applications	Session 2: Final-meet up Removal of personal data and Restoring the device
<p>Task A: Device Setup</p> <ul style="list-style-type: none"> - Start the device. - Register the device. - Input personal data. - Input preferences data. - Connect wearable device with smartphone. <p>Task B: Application Setup</p> <ul style="list-style-type: none"> - Download an application from app store. - Complete the registration process. - Input personal data. - Follow instructions. - Activate the registration. - Follow instructions on how to use the application. - Adjust settings (if necessary). 	<p>Task A: Use the device and associated applications in real conditions.</p> <ul style="list-style-type: none"> - without any restrictions of use. <p>Task B: Asked to complete an open-ended questionnaire in their diaries by the end of each day which consists of:</p> <ul style="list-style-type: none"> - Issues they faced while using the devices and associated applications. - issues they faced or change in the levels of motivation to conduct physical activities - any other issue they experienced. 	<p>Task A: Remove personal data</p> <ul style="list-style-type: none"> -Delete account from the application -Delete application from the external devices <p>Task B: Restoring the device</p> <ul style="list-style-type: none"> - Factory reset of the device