



# Fitbit Satisfaction Questionnaire

ID NUMBER:

FORM CODE: FSQ

DATE: 3/10/2025  
Version 1.0

## ADMINISTRATIVE INFORMATION

0a. Completion Date: / /   
Month Day Year

0b. Staff ID:

**Instructions:** These questions will be asked of all participants who were enrolled in the Fitbit study.

1. Are you still wearing your Fitbit watch or planning to start wearing it again in the future?

Yes ..... Y → **GO TO ITEM 2**

No ..... N → **GO TO ITEM 1a**

1a. We welcome a brief comment about your experience with the Fitbit component of the ARIC study. Did you have any positive or negative experiences with the Fitbit that you wish to share with us?

→ **GO TO ITEM 3**

2. Next, I'm going to ask about possible reasons why you continue to wear the Fitbit watch. For the questions about the features of the Fitbit watch, please tell me which features you like (i.e., find useful). Answer strongly agree, agree, neutral, disagree, or strongly disagree to each question.

**Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree**

I like the <b>physical activity</b> information the Fitbit watch provides (e.g., reminders to move, tracking the number of steps you take).
I like the <b>sleep</b> information the Fitbit watch provides (e.g., tracking the amount/quality of sleep you get).
I like the <b>heart rate</b> information the Fitbit watch provides (e.g., tracking your heart rate over time, notifications for low or high heart rate).

2a.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
2b.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
2c.	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

Strongly Agree   Agree   Neutral   Disagree   Strongly Disagree

I like contributing information to the ARIC study.
2e. <input type="checkbox"/> Other reason (please specify): → <b>IF FALSE GO TO ITEM 3</b>

2d. <input type="checkbox"/> <sub>5</sub> <input type="checkbox"/> <sub>4</sub> <input type="checkbox"/> <sub>3</sub> <input type="checkbox"/> <sub>2</sub> <input type="checkbox"/> <sub>1</sub>
2e1. _____

3. Have you been satisfied with the technology support you are receiving [received] from the ARIC team for your Fitbit watch? *Use past tense if the participant already withdrew from the study.*

- Yes ..... <sub>Y</sub>
- Somewhat ..... <sub>S</sub>
- No ..... <sub>N</sub>
- I have not required any technology support from the ARIC team..... <sub>T</sub>

3a. Is there something we can do better [could have done better] to support your continued use of the Fitbit watch? *Use past tense if the participant already withdrew from the study.*

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