

Table S1. Participant-Checklist

Note: Instead of “activity monitor“, we used “fitness wristband” when communicating with participants.

Question	Answer Format
1. Were you able to put [the activity monitor] on and take it off without any problems?	Y/N
1.b. If not, what was the reason?	Free-text
2. After taking off [the activity monitor], did you easily remember to put it back on?	Y/N
3. Would you generally say wearing [the activity monitor] was comfortable?	Y/N
4. Were there situations in which wearing [the activity monitor] was uncomfortable or hindered you in your activity?	Y/N
4b. If so, can you give examples?	Free-text
5. Have you had to put down the [the activity monitor] for comfort?	Y/N
5b. If so, can you estimate how often?	Free-text
6. Have there been instances when using [the activity monitor] frustrated you?	Y/N
6b. If so, how did this unfold?	Free-text
7. Did signals (whether sound or vibration) on [the activity monitor] bother you?	Y/N
8. If [the activity monitor] gave a signal, did you know what the signal meant?	Y/N
9. If necessary, were you able to turn off the signal?	Y/N/not necessary
10. Did you need to charge [the activity monitor]?	Y/N
11. If so, did you have any difficulties in doing so?	Y/N
12. How often did you need to charge the activity monitor?	Free-text
13. Aside from wearing the [the activity monitor], have you used other functions?	Y/N
13b. If so, which functions did you use?	Free-text

14. Aside from talking to the scientists, did you get help from anyone else?	Y/N
14b. If so, what was the situation?	Free-text
15. If you have any other comments, please note them here:	Free-text

Table S2. Researcher Checklist

Question	Answer Format
1. Are there any anomalies regarding the completeness of the data?	Free-text
2. Are there any anomalies concerning the amount of data?	Free-text
3. Are there any anomalies concerning the presumed correctness of the data?	Free-text
4. How effortful was it to set up a user account for this model?	Scale 1-10
5. How effortful was it to pair this model initial with the mobile phone?	Scale 1-10
6. How effortful was it to set up the desired settings (e.g. no beeps, no motion reminders) on this model?	Scale 1-10
7. How often did you experience synchronization issues when reading out with your phone?	Scale 1-10
8. How effortful was it to reset this model?	Scale 1-10
9. How effortful was the manual deletion of the participant data?	Scale 1-10
10. After manual deletion, how long did the participant data remain with the manufacturer (according to the manufacturer)?	Free-text
11. How effortful was it to set up a user account that could be used by a follow-up respondent?	Scale 1-10
12. How much effort did it take to pair this model back to the phone after resetting?	Scale 1-10
13. What can be concluded about usability?	Free-Text

