

Setting & Tracking Goals Survey

👋 Hi there!

Thank you for taking a few minutes to complete my survey.
This will take you approximately **5** minutes.

I want to learn about your experience with setting goals and the tools you might have used to help you track the progress for achieving your goals. I am trying to design an app for smartphones that would be enjoyable and useful for people like you.

Feel free to skip sections and questions that do not apply to you.

* Required

[Skip to question 1](#)[Skip to question 1](#)

Demographics

Nice to meet ya! 🤝

1. Full Name

2. Email Address

3. Age (years) *

4. Gender *

Mark only one oval.

Female

Male

Prefer not to say

Other: _____

5. What are your hobbies?

6. What is your profession? (if applicable)

ie. student, job title, job searching, etc.

7. Do you use a smartphone?

Mark only one oval.

Yes

No

8. Would you be open to being contacted in the future for interviews and testing?

Mark only one oval.

Yes

No

Maybe

12. "Other" category

Please answer if you selected "other" in the previous question

Goal Tracking Habits

13. How frequently do you track the progress of your goals?

Check all that apply.

- 1x a day
- More than 1x a day
- 1x a week
- 2-4 days a week
- 5 or more times a week
- A few times a month
- A few times a year
- Never

Other: _____

14. What tool(s) do you use to track the progress of your goals (and/or the steps you might take to complete the goals)?

15. If you have ever tracked the progress of your goals DIGITALLY, what tool(s) have you used?

16. What do you LIKE about the digital tool(s)?

17. What do you DISLIKE about that/those?

18. Is your mobile device an iOS or Android?

Mark only one oval.

iOS

Android

Neither 😊

👏 You made it to the end! Thanks for your help! 🙌

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