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 1Skip 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?
- What is your profession? (if applicable)
 ie. student, job title, job searching, etc.
- 7. Do you use a smartphone?

Mark only one oval.



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

Mark only one oval.

Yes

Maybe

📁 Goal-Setting Types

9. What describes the types of goals you set?

Check all that apply

Check all that apply.

Daily goals
Short-term goals (ie. 1 week-1 month)
Long-term goals (>1 month)
SMART goals
I don't set goals
Other:

10. What categories do your goals fall in?

Check all that apply and/or list any categories that were not mentioned

Check all that apply.
Academic
Financial
Health & Fitness
Personal
Professional
Other:

11. Select your top 3 categories you could see your goals for THIS week falling into:

Choose only ONE category for each ranking, ordered from First-Third. If you selected other, please respond in the next question what category was not mentioned in the list below

	Academic	Financial	Health & Fitness	Personal	Professional	Other
First						
Second						
Third						

Check all that apply.

12. "Other" category

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



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 😏

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