

Table 3

Table 3. Experimental Group Features on the MyWellness 6.0 mobile application that most likely to elicit the Positive Experiences expected.

Positive Experience Expected	Frequency
Booking and attending a class in studio/gym	2
Connecting to the inhouse entertainment channel while I exercise	0
An individualized training program I can follow on the mobile application	11
Following a guided exercise/ workout content on the equipment console	1
Outdoor activity tracking and linking to third party devices	0
Connecting to a coach that can collaborate with throughout my activity	2
Recording of my exercise data/ session and been able to track my performance	1
Design and track my own program	1
Participate in challenges	0