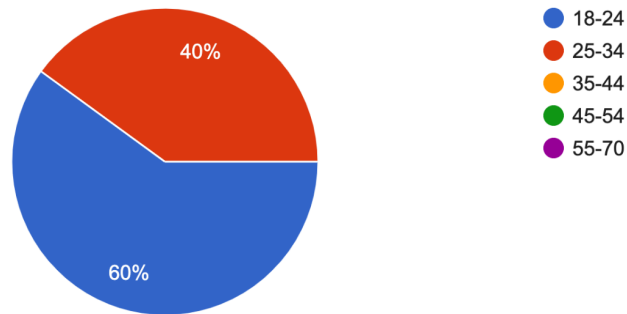


SPF Habit Survey

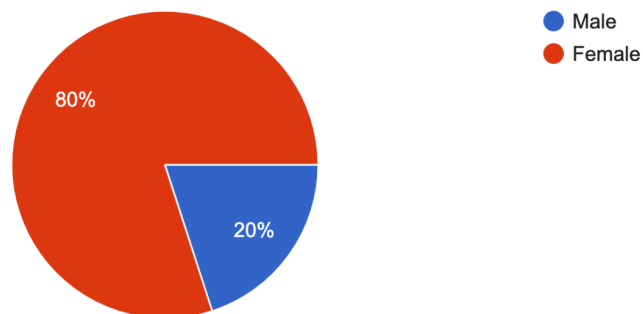
What is your age?

20 responses



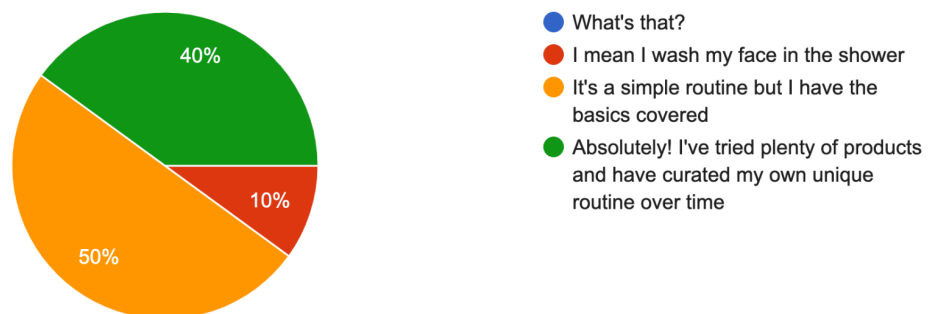
What is your gender?

20 responses



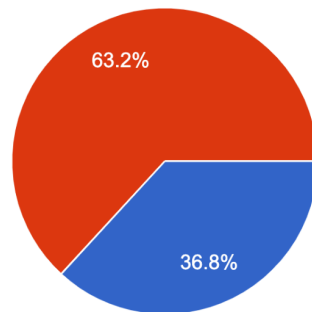
Do you have a skincare routine?

20 responses



Do you use sunscreen as part of your skincare routine?

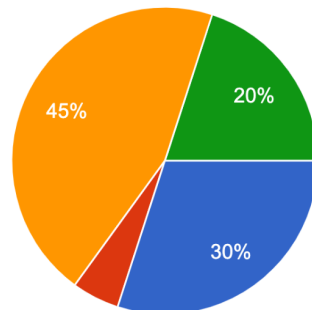
19 responses



- No, am I supposed to...
- Yes, gotta protect my skin from the sun!

How often to you APPLY sunscreen

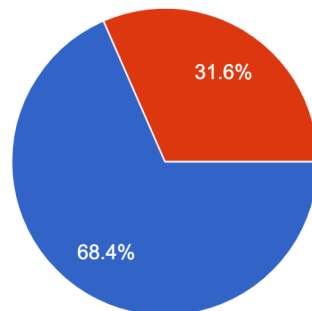
20 responses



- Rarely
- A few days a week
- Only on days where I'm going to be outside for a long time
- Everyday, regardless of how long I'll be out in the sun

How regularly do you REAPPLY sunscreen throughout the day

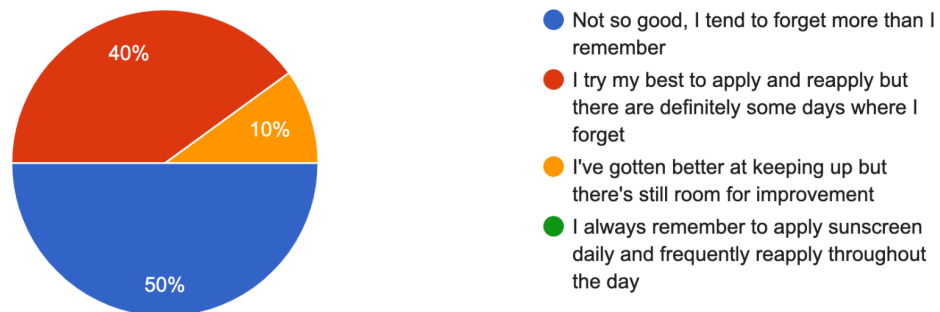
19 responses



- I only apply it once in the beginning of my day
- Whenever I remember to reapply it
- I reapply every few hours

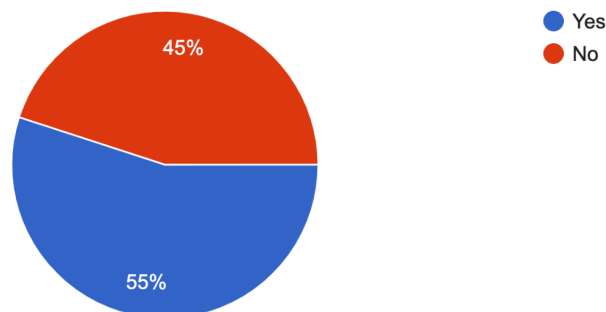
How good are you at remembering to apply and reapply sunscreen

20 responses



Do you currently use any habit tracker apps (period trackers, food/calorie trackers, etc) ?

20 responses



What apps are they? Please list any things you like and don't like about the app(s) you currently use.

14 responses

Flo

flo (period tracker)

Clue - I like that it shows an analysis and calendar. Provides predication to when next period is coming. Also provides options for other symptoms like cramps and energy level to track how you're feeling. I don't like that you have to pay for certain aspects so I won't purchase it.

MyFitnessPal for my food intake powerlifting so I know how much more food I need to down but no major complain

I use the Health app sporadically

n/a

N/a

Flo - its pretty good and easy to use but the ads are annoying and sometimes its not accurate

Clue, Flow? idk i thinj

Habit, Flo, Beautiful Mood - Flo has too many "upgrade now!" ads for how minimal it is as a tool. I only use it occasionally just to check how long I have until my period is due, and I don't need to see 3 ads for premium in the one instance I check it. Habit and Beautiful Mood are free apps, so their UX UI is a bit janky

Cycle tracker, MyFitnessPal for nutrition

N/A

Strava. I love how its so easy to start tracking and you don't have to click a bunch of things. I used My Fitness Pal when I was on my weight loss journey.

Do you think an app would help you be more consistent with regularly applying and reapplying sunscreen? Please list your reasons.¹⁹ responses

yes and no i feel like sunscreen isnt that important to me so i wouldn't feel the need to download an app

Possibly - I don't really apply sunscreen only because I rarely leave my house anymore. Especially since it's still winter. But during the Summer I'll definitely wear sunscreen, but it's only for 2 months out of 12.

Yes bc I don't wanna look old

An app alert to tell me to reapply for sure

Yes. It helps me to understand about spf, the benefits of reapplying it and why it's important to do it.

Yes because I then I would reapply and prevent my skin from getting wrinkly in the future

No, I don't spend enough time on my phone

It depends... I usually wear makeup when I go out, and you can't really apply sunscreen over makeup unless it's in a powder format which I rarely see sold by brands.

Yes. Just an instant reminder throughout the day by the app can help jog someone's memory to reapply sunscreen.

Im not sure.

Yes! And if it had some recommendations for affordable sunscreen that blends well with makeup, not much of a white cast:)

Maybe

Probably not. I'd apply it in the morning and it would have to tell me before I start my skin care routine, and there's no guarantee I'd even look at my phone before then. I also can't really reapply my sunscreen when I have makeup on

Maybe, but I doubt it. I'm rarely on my phone much less using apps unless I listen to music or use my dictionary. Notifications mean NOTHING to me.

If it surrounded more than just sunscreen yes. If it included other skincare tips and reminders.

Yes but only if I don't have to actually click into an app (ie. maybe would be helpful to just receive a notification), since it's a part of my skincare routine I wouldn't really connect using my phone to applying skincare.

No

YES I need a notification because I do it in the morning and never remember for later in the day. I have no idea if I need to apply it twice or three times daily this would really help me!

No, the issue with sunscreen reapplication is the how. Do I wash my face first and moisturize before sunscreen again or do I apply the sunscreen again on my sweaty or maybe dusty face? What about when I have make up on or maybe a simple powder?

What kind of features in the app would you like to see?^{16 responses}

Timer, Background Info on Why you should apply sunscreen, Checklist of some sort to make sure you stay on task of applying

Facts ab how sunscreen helps and what brands are good for what kinda skin, budget friendly options vs expensive but worth ur brands etc

It would be great to alert me when to reapply and should say what's strength of sunscreen to use based on the upcoming weather

Reminders, a planner, a quiz about skin type for recommended spfs, and locations that sell your particular spfs

Feature that provides recommended sunscreens

Maybe some metrics on the strength of the UV that day. Idk if I would download an entire app just to remind me to reapply sunscreen. Seems like I could just set a daily alarm on my phone for this if I really needed it.

Reminders, alerts, timers

Notifications to remind me and Recommendations for sunscreen that works for my skin type and skin issues

See above^

Pictures

Maybe strong reminders for days when the sun is really strong.

Timer; a checklist run through; a recap of your day/week/month (seeing progress encourages more progress); and maybe some type of award system (aka have a milkshake you earned it) and a network (not the share with social media, but like have friends on the app keep track/hold each other accountable kinda thing)

Reminders about skincare, tips on skincare, articles/blog posts on why skincare is important.

Notifications, perhaps a connection to my local weather/ UV index to give me reasoning as to why it is important to reapply

Native notification in my iphone lock screen! Getting positive reinforcement if I remember to apply sunscreen for a week straight lol

Education/tips