

Instagram Influence Interview Questions:

Please answer the following questions honestly and to the best of your ability. Please answer with as much detail as you feel comfortable with sharing, including examples if you are able to. Please ask for clarification if you need it.

1. Do you follow female or male fitness influencer accounts on Instagram or accounts for both?
2. Do the Instagram influencers affect what type of exercise(s) you choose to do in the gym? Can you explain your answer further?
3. Do the Instagram influencers affect which exercise(s) you choose to do in the gym? Can you explain your answer further?
4. Do the Instagram influencers affect your levels of motivation in the gym? Can you explain your answer further?
5. Do the Instagram influencers affect your levels of confidence in the gym? Can you explain your answer further?
6. Do the Instagram influencers affect your body image? Can you explain your answer further?
7. Overall, do you think that following these fitness accounts on Instagram is a more positive or negative experience for you?