Audio to transcript:

Expert:

Intermediate/Beginnner:

* What does your current fitness routine look like?
* What are your current challenges in fitness?
* Have you utilized

Organized Versions:

### **Personal and Background Information**

1. **Name**
2. **Age**
3. **Program/Major**
4. **When/Why did you start exercising?**

### **Exercise Habits and Preferences**

1. **How often do you exercise?**
2. **What type of exercise do you partake in and why?**
3. **Do you have a specific pre-gym and post-gym routine that you prefer to stick to?**
4. **What time do you usually go to the gym and why?**
5. **Do you train alone or with partners/friends?**
6. **Do you have a specific plan for each day you exercise, or do you just go with what you are feeling on the day?**

### **Challenges and Motivation**

1. **What challenges have you faced in maintaining a consistent fitness and nutrition routine?**
2. **Has there been a time when you were more consistent when going to the gym but then took a longer break from exercise? Why?**
3. **Do you have close friends that go to the gym frequently? If yes, does that affect your motivation to go to the gym?**
4. **What is your motivation for going to the gym?**
5. **Do you have any fears when going to the gym?**
6. **What is something you would really want to change about your gym experience?**

### **Goals and Achievements**

1. **What are your current primary fitness goals/routine (e.g., weight loss, muscle gain, improved mental health, general wellness)?**
2. **Have you noticed any changes after working out for a period of time?**

### **Resources and Learning**

1. **What do you like about the gym vs. not?**
2. **How do you increase your knowledge base about fitness?**
3. **What methods do you use for learning proper techniques for exercises and recovery?**
4. **Have you ever used apps to help you in your fitness journey? If yes, how have they helped if at all?**
5. **What helped with these apps? What did not work?**
6. **Do you follow fitness influencers on social media?**

### **Financial and Planning Aspects**

1. **Have you ever budgeted out for fitness programs before?**
2. **Do you have a budget for your fitness program?**

### **Nutrition and Supplements**

1. **Do you have a diet and/or supplement program you follow for your fitness?**
2. **How do you diet for fitness? And have you done research on food groups?**
3. **How does your diet play into your fitness journey?**

### **Professional Guidance and Metrics**

1. **Have you ever worked with a personal trainer either in person or virtual, and how often have you interacted with the coach for your fitness needs?**
2. **What specific metrics or data points are important for you to track in your fitness journey?**
3. **How do you measure your metrics for success when it comes to fitness?**

ChatGPT:

### Personalized Fitness & Nutrition Plans

1. What are your current primary fitness goals (e.g., weight loss, muscle gain, improved mental health, general wellness)?
2. How do you currently approach fitness and nutrition? What tools, apps, or resources do you use?
3. What challenges have you faced in maintaining a consistent fitness and nutrition routine?
4. How important is it for you to track progress, and what metrics do you find most useful (e.g., weight, body measurements, performance improvements)?
5. Would a budget-friendly approach to fitness and nutrition planning make a significant difference for you? If yes, how?

### Comprehensive Video Resources

1. How often do you use video tutorials for workouts or nutrition guidance?
2. What makes a fitness video resource engaging and effective for you (e.g., clarity, quality, pacing)?
3. Are you interested in learning about the science behind exercises (e.g., which muscles are being targeted)?
4. Would you prefer videos tailored to your specific goals, or a general library of fitness content?

### Community Connection

1. How important is being part of a fitness community to you? Why?
2. Would you find value in connecting with local workout partners or small fitness groups? How often would you use such a feature?
3. What kind of support do you expect from an online fitness community (e.g., motivation, tips, shared experiences)?
4. Have you faced barriers to joining or participating in fitness groups? If so, what were they?

### Professional Coaching

1. Have you worked with a fitness coach or nutritionist before? If yes, what was your experience?
2. Would you prefer virtual coaching sessions, in-person coaching, or a hybrid model?
3. What data or insights would you like a coach to use when tailoring advice or adjusting plans for you?
4. How frequently would you want to interact with a coach to stay on track?

### Metrics & Analytics for Success

1. What specific metrics or data points are most important for you to track in your fitness journey?
2. Do you find tracking progress motivating or overwhelming? Why?
3. How would you like progress reports to be presented (e.g., charts, summaries, comparisons)?
4. Have you used fitness apps with analytics before? What worked well, and what didn’t?

### Fitness as a Way of Life

1. What role does fitness play in your overall mental and emotional well-being?
2. How do you currently balance fitness with other aspects of your life (e.g., work, family)?
3. Would resources on the mental health benefits of fitness inspire you to stay consistent? Why or why not?
4. What lifestyle factors (e.g., sleep, stress, work schedule) influence your ability to stay fit, and how could our company address them?

### Financial Wellness for Fitness

1. What aspects of fitness (e.g., memberships, equipment, nutrition) feel the most financially burdensome?
2. Would you find budgeting tools for fitness expenses helpful? If so, how should they be structured?
3. How important is cost transparency when choosing fitness resources or tools?

### General Insights

1. If you could change one thing about your current fitness journey, what would it be?
2. What features would make a fitness company stand out to you compared to others?
3. Are there any gaps in the fitness market that you feel are currently unmet?
4. What would motivate you to recommend a fitness company to a friend or family member?