

## Interview 1

Objectives	Response
Have you used any online app before?	Yes
What was the experience like from using the app?	Positive
On a scale of 1 to 5, How important is it for you to have a healthy lifestyle?	5
On a scale of 1 to 5, How easy is it to navigate the app?	5
Which aspect of the app do you find most easy to work with?	Exercise list
Which aspect of the app do you find complicated?	Main Menu
Is the app user friendly?	Yes
What will you like to see improved?	Need overview
Will you recommend this app to a friend?	Yes
Do you have any chronic disease?	No
Do you know of anyone (friend or relative) that is dealing with a chronic disease?	Yes
Do you have any questions before we get started?	No

## Background Questions

- |   |              |
|---|--------------|
| • Can you give a little introduction of yourself?           | Stacey/22yrs |
| • Are you very active with online apps?                     | Yes          |
| • Can you tell me a little bit about your living situation? | Active       |
| • When was the last time you exercised?                     | 2 weeks ago  |
| • How often do you exercise?                                | Not often    |
| • Do you pay close attention to your diets?                 | Yes          |
| • Would you consider yourself eating healthy?               | Yes          |
- 
- |   |            |
|---|------------|
| • Do you think this is something you would use? Why or why not? | Yes        |
| • Is there anything you think could be improved?                | Navigation |
| • Is there any other feedback you want to share with the team?  | None       |