Juanita: Are you comfortable with me recording this conversation exclusively for research purposes and anonymously?
Interviewee: Yes.

Juanita: How do you usually structure your day, and what habits do you try to carry out in each part?
 Interviewee: I aim for a healthy routine that doesn't harm my health: try to sleep eight hours and wake up early; routine things like having lunch at the right time. As for habits, I try not to stay up late, avoid vices, go to the gym, and keep my environment organized.

Juanita: What conditions (place, company, or type of activity) make it easier or harder for you to stick to your habits?
 Interviewee: The phone is a big distraction. Sometimes I want to go to bed early but end up watching TikTok. In general, my distractions depend a lot on the phone.

Juanita: Regarding your way of organizing yourself, what's missing or what would you add?
 Interviewee: I use an iPad: whenever I have a task or a to-do, I write it there, and when it's very high priority, I add it to the iPhone Reminders app with high priority so it reminds me a day in advance. About mood tracking, I know that noting how I felt at the end of the day could add value, but I'm not sure what that value would be useful for. Maybe if, when looking back over the month, I see that most days I felt good, it would make me feel I'm living a good life.

Juanita: When your mood alters a habit (for example, due to low energy) and affects your productivity, relationships, or rest, what happens?
 Interviewee: You feel bad, but it's circumstantial and shouldn't happen more than twice. If I stop doing a habit more than twice, the chain breaks completely; I try to keep it to a one-off. For example, today was very busy (I worked in the morning, then had classes, and later waited for my girlfriend), and I couldn't have lunch at my usual time; that put me in a bad mood.

Juanita: Have you used any tool to record your mood? How did it go?
 Interviewee: I used an app (I don't remember if it was Korean) to log my state at the end of the day with little faces (sad, disgust, angry, etc.). I used it at first, but then I forgot. If you forget more than twice, you don't go back to the habit.

Juanita: Besides forgetting, what makes it difficult to record your mood?
 Interviewee: The phone has so many things that the mood log gets overshadowed. For example, if I go to bed and start watching TikTok, I forget to open the mood app. What made me resume my habits wasn't anything digital, but noticing my reality: I was getting tired climbing stairs and my clothes fit tighter; that made me react.

Juanita: If the daily log took less than 30 seconds, how do you imagine it?
 Interviewee: As a checklist: have a pre-made to-do list and, at the end of the day, tick items like "Did I get up at 7:00 a.m.?" "Did I have lunch at the usual time?" Depending on the checks, it adds or subtracts; if there are many checks, it was a good day because I kept my habits and, consequently, my mood will be good. Phone notifications work well for me: on iPhone I use Reminders for very important things (sending a document, logging work hours,

etc.) with advance notice (a day or an hour). It doesn't play a loud alarm; it just lights up and shows the message, which doesn't go away. Since we always have the phone, when I unlock it, the message is there and I remember.

Juanita: Is there anything important about how your mood affects your habits that we haven't covered?
 Interviewee: Discipline doesn't care how you feel. You can be sad, unmotivated, happy, or angry, but what matters is doing it. That's what habits are about: discipline. So I feel mood isn't that relevant.

Juanita: If we build a prototype, would you be willing to test it and tell us whether it helps you sustain your habits when your mood changes?
 Interviewee: Yes, of course.