Interview 1: Discussing the problem
-Hello
-Better check again that it's recording buddy
-It is
-Great. Hi.
-So, straight to the point, what is the problem?
-So you know, I have to discuss exercises and diet with my clients, right? So the thing is it is sometimes very annoying and time consuming creating a balanced diet that fits with the exercises and lifestyle of my client. It takes a lot of time, but I have to do it and maaaan do they come up with some weird food. And then I have to google it, find appropriate sources for nutrients and calculate everything.
-How do you write those diets and exercising schedules?
-Usually on paper, or in word. It takes so much time. And I also want to teach my clients some knowledge about nutrition and exercise, so when they want to alter their diet they can, but it hasn't been working well so far.
-Well, if they want to change their lifestyle why wouldn't they learn?
-You know, I think that they have too much in their own lives to have in mind, they won't remember some general rules or numbers from our conversations. They also usually complain about long shopping lists their diets require. I mean, it's like before they didn't think what they ate so they didn't make any shopping lists. Another inconvenience.
-Hmmm, so that's the problem?
-Yeah, seems short, but not that simple. What do you think?
-I think….. I need to think about it.
-Sure, let me know if you need anything.

Interview 2: Discussing the solution
-Hi
-Hi
-I have an idea.
-Great. What's the idea?
-I will write an app for you. It will help you with the diet and exercises thing.
-Oh, that's great. What will it do?
-So for starters, you will be able to create and print diets and exercise plans. And shopping lists. You can then distribute the app to your clients. It will analyse their diets and give them multiple hints on their nutrition and how it is going to affect them. Then it will be easier for them to learn and understand all of this .
-That sounds great!
-I only need some technical information from you, how do I calculate different dietary stuff.
-Sure, I can tell you about it and give some credible sources, what do you need?
-Great. I will need some ways to estimate…

[We start a long talk about what data I need and how to process it.]

Interview 3: Discussing improvements

-What do you think?
-Looks pretty good. May I have a go?
-Sure. Any ideas for improvement?
-You know it would be a good idea to add a feature where you can save and load single meals and exercises for better customisation. Could you do that?
-Yeah, that's a good idea.
-And also, a cherry on the top, the tips and summary work great, but could you do some predicted weight scenarios for when you have a bigger calorie deficit? This might motivate some people.
-Why not. Also sounds like a good idea. Have you found any flaws?
-Ehh this text at the starting page, could you rephrase it a bit? And that would be it.
-Ok, will do. Thanks for feedback.