

## Appendix 1: Consultation

**This transcript is translated from Thai so some words may be translated wrongly.**

**Me: So teacher Kay I remember vaguely before that you mention that you are not having your next baby because of lack of time. Can you describe your situation again, more clearly this time?**

Mrs Kay: "Yes after I had my first child I need to separate my time at work and home, sometimes I skip work to take care of my children. I tried creating a timetable but since my class is very messy the student tends to make it lost. I initially plan that I want to have two kids so they can play together, but after our firstborn son takes a very long time to make we want to give up on getting the second. I remember that I used to dedicate a large amount of my time using temperature tracking to track my temperature for ovulation. At the same time, I and my husband need to cook nutritious food to ensure our baby is born strong and healthy. It was a very dreadful task but since I got quite a lot of time on my hand back then it was relatively easy".

**Well you just explained the whole issue. One thing caught me though, how do you track the ovulation day?**

Mrs Kay: I use a thermometer every day and note it down on a large book, as after ovulating the temperature would hike up. This is relatively simple but I also use to measure my blood pressure every day to track ovulation also that could be something you can add but I would not go through the pain of measuring blood pressure every day again.

**Ok, Let me summarize my understanding. Do you think the big issue is planning your work at home and school and tracking ovulation dates? Is that right?**

Mrs Kay: Absolutely, but is it is possible I want to track my diet to as I do think it goes well with your program for a pregnant lady.

Me: Ok I will add that

**Nextly I want to know your preferred platform**

Mrs Kay: I am usually on my laptop most of the day while I teach my students so it would be best to go with this computer.

**How about a Phone?**

Mrs Kay: If you want to I can also do phone but it will hurt my eye looking at the small screen.

**Do you have any expectations or specs from the apps like? how would you like to use it or what would you want it to look like?**

Mrs Kay: I mean I normally old fashion to do time table and stuff so I am not very sure about using it on my computer. But I guess I would want to be beautiful and minimalistic, not too much detail and only keep things I need. I need it to be easy to use and not too complicated. I guess that all like I told you this would be more of your idea as I think you would have better creativity than mine

**What do you think about security? Because I think this data is quite confidential**

Mrs Kay: Yeah that is true I don't want anyone to see my data

**Yep, is there anything else you would like to add?**

Mrs Kay: Not right now maybe I could give your more idea later on when I can think of it

**Me: That is fine Thank you very much for this interview.**