

Working Professional Full Interview

Participant Name: Jay

Date: April 26, 2025

Interviewer: Shiwlee Rahman

Introduction

Hi Jay, thank you for agreeing to help! I'm working on a Personal Habit Tracker for my Software Engineering class. I'd like to ask you a few questions about your work habits and what features you would find useful. It'll just take about 5–10 minutes. Is that okay?

Participant Response:

"Sure, no problem!"

Interview Questions and Answers

1. What kind of work habits are you trying to maintain right now?

"I'm trying to check and reply to important emails every morning and finish two big tasks before noon."

2. What is the hardest part about maintaining these habits?

"Unplanned meetings and late starts sometimes mess up my whole schedule."

3. Would reminders or notifications help you stay consistent?

"Yes, a reminder at the start of my workday would really help."

4. How would you like to see your progress? (Daily checklist, weekly summary, graph?)

"I'd prefer a weekly summary that shows how many days I completed my goals, maybe a graph too."

5. Would positive feedback like 'Great job completing your tasks!' motivate you?

"Yes! Positive messages really help me stay on track."

6. Would you prefer daily tracking or weekly tracking?

"Both — daily check-ins for focus, and weekly reports for overall view."

7. Would you like the app to recommend work habits based on your schedule?

"Yes, it would be great if the app suggests ways to adjust if I miss a few goals."

8. How many habits would you want to track at the same time?

"About 2 or 3 — not too many or it becomes overwhelming."

9. Would you prefer using this app on your work laptop, your phone, or both?

"Mainly on my laptop during work, but quick phone access would be nice."

10. Anything else you would love to see in a work habit app?

"Integration with Google Calendar or Outlook Calendar would be very useful."

Professional Suggestions

| Suggestion | Reason |
|--|---|
| Morning Habit Reminders | Start workday focused (e.g., "Check emails"). |
| Weekly Summary Reports | View overall productivity at end of the week. |
| Google Calendar or Outlook Integration | Link habits with meetings and tasks automatically. |
| Smart Habit Suggestions | Recommend catching-up strategies if tasks are missed. |
| Simple and Clean Design | Avoid distractions; prefer efficient app interface. |

Thank you so much for your time and your answers! Your feedback is really valuable for my project. It helped me understand what users actually want in a habit tracking app. I really appreciate you sharing your thoughts — it will help me make the app better for people like you.

Thanks again, and I hope you have a great day!