

Interview questions

1. Username and details (This information is typically collected at the beginning of the interview process and doesn't require numbering.)
2. How often do you exercise (weekly)?
3. What types of activities do you enjoy?
4. Can you give a specific example of a workout? (duration, intensity)
5. Are you active throughout the day (stairs, walking)?
6. Do you track your activity (tracker, app)? (Optional)
7. How late do you sleep ? (Move this to Sleep section)
8. Do you have irregular sleep time ? (Move this to Sleep section)
9. How well do you typically sleep?
10. What's your weekday sleep schedule (bedtime & wake up)?
11. Do you stick to this schedule most nights?
12. What disrupts your sleep (if anything)?
13. How do you feel after a good night's sleep?
14. How late do you sleep ? (Moved from Fitness section)
15. Do you have irregular sleep time ? (Moved from Fitness section)
16. Tell me about how you prioritize comfort and focus on your workstation.
17. Do you have any personal strategies to stay comfortable and maintain good posture throughout the day? (Follow-up for details)
18. How do you incorporate short breaks into your workday routine?
19. Consider your current workstation comfortable for posture?
20. Experienced back/neck discomfort in previous roles?
21. If yes, describe the pain (frequency, intensity, location)(Follow-up for details)
22. Experience discomfort at work, what would you do?