Define your research goals.

Define your target audience.

Write interview questions.

**Interview goals: (Create a screening survey to find the right participants)**

I want to understand common challenges people face trying to manage a busy schedule and meal planning.

I want to identify frustrations people experience during the process of ordering from a restaurant.

**Interview questions:**

1. Can you describe your current schedule and how you balance your responsibilities with meal planning?
2. How often do you order meals from a restaurant? When you do, what is your motivation for doing so?
3. What challenges do you face in the ordering process? How does this make you feel?
4. Is there any way in which you feel these challenges could be resolved?

**Target participant characteristics:**

* Ages 18-62
* Lives in metropolitan or suburban areas
* People who order food from restaurants at least once a week
* Include participants of different genders
* Include participants with disabilities