**Respondent 1**

**A. What are your job responsibilities?**

Concreter

**B. How would you describe the intensity of your work on a daily basis?**

Mate, it's backbreaking. All day, I'm lifting heavy stuff and hauling things from one place to another. My back's often killing me by the end of it.

**C. What type of food do you typically prefer on your working days?**

Quick and filling, that's the way to go. Sandwiches, pies, and yeah, sometimes fast food when I'm knackered.

**D. How do you believe your diet during work hours affects your work efficiency?**

Look, if I don't get a proper feed, I'm dragging myself around like a zombie. Too much, and I'm out like a light. Need to strike a balance, y'know?

**E. On working days, do you think you’re eating habits are healthy? Why or why not?**

Let's be real, it's not top-notch. But with the kind of work I do, it's hard to keep up with all that health stuff.

**F. What features or recommendations would you like to see in a dietary mobile application?**

Give me meal ideas for blokes like me. And maybe point out some good, healthy places nearby to grab a bite?

**G. Aside from diet, are there other lifestyle habits you'd like to improve?**

Been trying to cut down on the energy drinks and sodas. They're like a quick jolt, but I crash hard after.

**Respondent 2**

**A. What are your job responsibilities?**

Porter.

**B. How would you describe the intensity of your work on a daily basis?**

It's non-stop, just Moving, lifting, the whole shebang.

**C. What type of food do you typically prefer on your working days?**

Anything that's hearty - burgers, wraps, something that'll keep me going.

**D. How do you believe your diet during work hours affects your work efficiency?**

A solid meal gets me through, but I've tried those energy shots and they're just a temporary buzz.

**E. On working days, do you think you’re eating habits are healthy? Why or why not?**

Yeah, I know, it's not the best. Work's mental, and I just grab whatever's easiest.

**F. What features or recommendations would you like to see in a dietary mobile application?**

Some quick recipes or meal ideas? And if there's a way to prep stuff the night before, that'd be golden.

**G. Aside from diet, are there other lifestyle habits you'd like to improve?**

Been thinking of squeezing in some push-ups or a jog in the morning. Need to get the blood pumping.

**Respondent 3**

**A. What are your job responsibilities?**

Welder.

**B. How would you describe the intensity of your work on a daily basis?**

It's less about the muscle, more about the focus. Holding steady,

**C. What type of food do you typically prefer on your working days?**

Anything that's not too messy, Sandwiches or wraps mostly. Don't want all that mess near my gear.

**D. How do you believe your diet during work hours affects your work efficiency?**

If I overload, my hands get shaky, and that's no good. So, light and steady does it.

**E. On working days, do you think you’re eating habits are healthy? Why or why not?**

It's alright, I guess. Not great, not terrible. With the job and all, I don't always have time to be picky.

**F. What features or recommendations would you like to see in a dietary mobile application?**

Some meals to keep me sharp would be a winner. And tracking what I eat? That'd be a nice touch.

**G. Aside from diet, are there other lifestyle habits you'd like to improve?**

Would be great to stretch more often and maybe find a way to relax the eyes from the bright welds.