

## Interview Questions

1. Have you ever given up on fitness due to a lack of motivation? What made you give up?
2. What do you think are the factors that would encourage you to keep exercising?
3. What's your opinion on virtual pets? How do you think the combination of virtual pets and fitness would turn out?
4. If fitness results could be translated into the growth and evolution of a virtual pet, would you find this feature appealing?
5. What social features would you like to see in the Gym Social app?
6. Would you like to challenge or collaborate on fitness goals with friends or other users?
7. Would you be more motivated to exercise due to the needs of a virtual pet (e.g., needing to "eat" or "exercise")?
8. Apart from virtual pets, what other features or elements would make you more interested in using this app?
9. How important are the interaction and customization features of virtual pets to you?
10. If the Gym Social app offered coaching consultations or course recommendations, would you be interested?

Interviewee 1:

**1. Have you ever given up on fitness due to a lack of motivation? What made you give up?**

Answer: Yes, I work very busy hours and often work overtime late into the night, so it's hard to find an appropriate time to go to the gym. I'm also frequently too exhausted.

**2. What do you think are the factors that would encourage you to keep exercising?**

Answer: If I had friends or colleagues to go with, or if there was a feature that could motivate me to keep going, like achievement rewards or challenges, I might be more driven.

**3. What's your opinion on virtual pets? How do you think the combination of virtual pets and fitness would turn out?**

Answer: I played with electronic pets when I was a kid, and I found it interesting. If combined with fitness, it might make exercising feel less monotonous.

**4. If fitness results could be translated into the growth and evolution of a virtual pet, would you find this feature appealing?**

Answer: Yes, in that case, I would look forward to seeing how my pet changes after every workout, giving me a greater sense of accomplishment.

**5. What social features would you like to see in the Gym Social app?**

Answer: I'd like to see fitness updates from friends, such as the challenges they've completed or the goals they've achieved.

**6. Would you like to challenge or collaborate on fitness goals with friends or other users?**

Answer: Definitely. Working out with friends means we can encourage each other, compare progress, and make the experience more enjoyable.

**7. Would you be more motivated to exercise due to the needs of a virtual pet (e.g., needing to "eat" or "exercise")?**

Answer: I think I would. If my virtual pet looks happier or healthier because of my exercise, I would feel a great sense of accomplishment.

**8. Apart from virtual pets, what other features or elements would make you more interested in using this app?**

Answer: Interesting data analytics features, like tracking my workout habits, personal bests, etc.

**9. How important are the interaction and customization features of virtual pets to you?**

Answer: It's important to me. I want my pet to be unique and customizable according to my preferences.

**10. If the Gym Social app offered coaching consultations or course recommendations, would you be interested?**

Answer: Absolutely, advice from experts can make my workouts more effective and prevent injuries.

Interviewee 2:

**1. Have you ever given up on fitness due to a lack of motivation? What made you give up?**

Answer: I did, especially when I wasn't seeing visible results after spending weeks in the gym. It's easy to get discouraged.

**2. What do you think are the factors that would encourage you to keep exercising?**

Answer: Real-time feedback or visible progress indicators would help. Maybe some virtual rewards or recognition for reaching milestones.

**3. What's your opinion on virtual pets? How do you think the combination of virtual pets and fitness would turn out?**

Answer: Honestly, I haven't given it much thought. But it sounds novel and could provide a fun distraction from the grind of the workout.

**4. If fitness results could be translated into the growth and evolution of a virtual pet, would you find this feature appealing?**

*Answer: Potentially, yes. Anything that could give a tangible or visual representation of my progress sounds engaging.*

**5. What social features would you like to see in the Gym Social app?**

*Answer: A leaderboard among friends or locally, and perhaps community challenges or events.*

**6. Would you like to challenge or collaborate on fitness goals with friends or other users?**

*Answer: Challenges sound fun. It would certainly make me push harder.*

**7. Would you be more motivated to exercise due to the needs of a virtual pet (e.g., needing to "eat" or "exercise")?**

*Answer: Not entirely sure, but I'm open to the idea. It could be an amusing motivator.*

**8. Apart from virtual pets, what other features or elements would make you more interested in using this app?**

*Answer: Perhaps integration with music playlists that sync with workout intensity or mood.*

**9. How important are the interaction and customization features of virtual pets to you?**

*Answer: Somewhat important. If I'm investing time in a virtual pet, I'd like it to reflect my personality.*

**10. If the Gym Social app offered coaching consultations or course recommendations, would you be interested?**

*Answer: Yes, especially if they are tailored to my personal needs and goals.*

Interviewee 3:

**1. Have you ever given up on fitness due to a lack of motivation? What made you give up?**

*Answer: I did for a while. I used to go to the gym regularly, but after a personal setback, I lost my drive and motivation.*

**2. What do you think are the factors that would encourage you to keep exercising?**

*Answer: Emotional support is key for me. If there were ways the app could uplift my spirits during challenging times, I'd likely stick to my regimen.*

**3. What's your opinion on virtual pets? How do you think the combination of virtual pets and fitness would turn out?**

*Answer: I think virtual pets are cute and nostalgic. If done right, combining them with fitness could be a fun twist to the usual routine.*

**4. If fitness results could be translated into the growth and evolution of a virtual pet, would you find this feature appealing?**

*Answer: It sounds interesting! I'd be curious to see how my workouts could benefit a virtual companion.*

**5. What social features would you like to see in the Gym Social app?**

*Answer: Group workouts or events, maybe even virtual hangouts post-workout where we can discuss our sessions.*

**6. Would you like to challenge or collaborate on fitness goals with friends or other users?**

*Answer: Collaboration sounds great! It's less competitive and more about community.*

**7. Would you be more motivated to exercise due to the needs of a virtual pet (e.g., needing to "eat" or "exercise")?**

*Answer: It's an endearing idea. It could be a unique way to remind me of my workout goals.*

**8. Apart from virtual pets, what other features or elements would make you more interested in using this app?**

*Answer: Maybe wellness tips or articles. A holistic approach to health would be a plus.*

**9. How important are the interaction and customization features of virtual pets to you?**

*Answer: Moderately important. If I'm engaged with the pet, I'd want it to have a personal touch.*

**10. If the Gym Social app offered coaching consultations or course recommendations, would you be interested?**

*Answer: That would be beneficial. Expert guidance is always a boon.*

Interviewee 4:

**1. Have you ever given up on fitness due to a lack of motivation? What made you give up?**

*Answer: Frequently. Sometimes life gets in the way or routines just become boring and repetitive.*

**2. What do you think are the factors that would encourage you to keep exercising?**

*Answer: Regular change in routine and maybe some educational elements that teach me the benefits of each exercise.*

**3. What's your opinion on virtual pets? How do you think the combination of virtual pets and fitness would turn out?**

*Answer: It sounds innovative. It's a mix of nostalgia and modernity which might make workouts more enjoyable.*

**4. If fitness results could be translated into the growth and evolution of a virtual pet, would you find this feature appealing?**

*Answer: I'd be intrigued. It's a different kind of feedback and reward system that I haven't experienced before.*

**5. What social features would you like to see in the Gym Social app?**

*Answer: Sharing progress, maybe even short video clips of workouts or tips.*

**6. Would you like to challenge or collaborate on fitness goals with friends or other users?**

*Answer: A bit of both. Challenges keep me on my toes, but collaboration is encouraging.*

**7. Would you be more motivated to exercise due to the needs of a virtual pet (e.g., needing to "eat" or "exercise")?**

*Answer: Possibly. It's like taking care of a virtual being, and that responsibility might motivate me.*

**8. Apart from virtual pets, what other features or elements would make you more interested in using this app?**

*Answer: Personalized workout suggestions and progress tracking are key for me.*

**9. How important are the interaction and customization features of virtual pets to you?**

*Answer: Somewhat important. If it's engaging, then I'd want my pet to be unique.*

**10. If the Gym Social app offered coaching consultations or course recommendations, would you be interested?**

*Answer: Yes, if it comes at a reasonable price and guarantees high-quality guidance.*

Interviewee 5:

**1. Have you ever given up on fitness due to a lack of motivation? What made you give up?**

*Answer: Yes, workouts often felt like a mechanical repetition without any novelty. I quickly lost interest.*

**2. What do you think are the factors that would encourage you to keep exercising?**

*Answer: New and interesting ways of working out, perhaps integrated with games or AR elements.*

**3. What's your opinion on virtual pets? How do you think the combination of virtual pets and fitness would turn out?**

*Answer: Sounds engaging. Traditional gyms can be boring. Combining with a virtual pet might introduce an element of fun.*

**4. If fitness results could be translated into the growth and evolution of a virtual pet, would you find this feature appealing?**

*Answer: Absolutely. I'd be excited to see my pet progress after each session, adding a fun layer of motivation.*

**5. What social features would you like to see in the Gym Social app?**

*Answer: Seeing friends' fitness photos and creative inputs. Also, participating in social challenges.*

**6. Would you like to challenge or collaborate on fitness goals with friends or other users?**

*Answer: Yes, I enjoy competing with friends. It can be a mutual push.*

**7. Would you be more motivated to exercise due to the needs of a virtual pet (e.g., needing to "eat" or "exercise")?**

*Answer: I would. If my virtual pet thrives because of my efforts, it would be quite rewarding.*

**8. Apart from virtual pets, what other features or elements would make you more interested in using this app?**

*Answer: Fun designs and animations, and maybe fitness-related mini-games or challenges.*

**9. How important are the interaction and customization features of virtual pets to you?**

*Answer: Very. I'd want my pet to stand out and be customizable based on my likes.*

**10. If the Gym Social app offered coaching consultations or course recommendations, would you be interested?**

*Answer: Certainly. I always seek expert guidance to ensure I'm working out correctly.*

**Summary of the interview:**

1. Lack of Fitness Motivation: Most of the interviewees admitted to giving up on fitness at some point due to a lack of motivation. The main reasons include busy work schedules, not seeing noticeable fitness results, other life events, or the monotony and repetition of daily workouts.

2. Factors Encouraging Continuous Exercise: Interviewees generally expressed that working out with friends or colleagues, real-time feedback, achievement rewards, and educational content could boost their motivation.

3. Opinion on Virtual Pets: Most interviewees are open to the concept of combining virtual pets with fitness, believing it could make daily workouts more enjoyable.

4. Combining Fitness with Virtual Pets: If fitness results could translate into the growth and evolution of a virtual pet, most respondents said they would find this feature appealing.

5. Social Features in the Gym Social App: The social features interviewees want to see include sharing fitness progress with friends, participating in social challenges, and team workouts and activities.

6. Fitness Challenges or Collaborations with Friends or Other Users: Most interviewees are keen on challenging or collaborating with friends or other users, believing it makes the fitness experience more engaging and rewarding.

7. Virtual Pet Needs and Exercise Motivation: Most respondents mentioned that if the needs of the virtual pet (like "eating" or "exercising") could increase their motivation, they'd be more driven to work out.

8. Other Appealing Features: Features that interviewees found appealing include data analytics, music playlists synced with workout intensity or mood, health tips and articles, and fitness-related games or challenges.

9. Interaction and Customization Features of Virtual Pets: Most respondents find the interaction and customization features of virtual pets essential, wishing for pets that can be tailored to their preferences.

10. Coaching Consultations or Course Recommendations: Most interviewees expressed interest if the Gym Social app offered coaching consultations or course recommendations.

In conclusion, interviewees have a positive attitude towards the concept of the Gym Social app, especially the virtual pet feature. They hope this app can provide more motivation and encouragement, making the fitness experience more enjoyable and rewarding.