

Questions:

You have used a dieting software in the past (the interviewee I chose has used one). What aspects of this software did you find helpful?

What aspects did you find unhelpful, irritating or tedious?

Would you feel comfortable entering your height, weight and age into a dieting website so that the site can determine how many calories and how much of certain essential vitamins and nutrients you are recommended to consume in a day? If not, would you be more comfortable entering your body mass index? Do you believe either of these would be helpful and why?

Would you feel comfortable entering the exercises you did on a certain day into a dieting website so that the site can determine how many calories you burnt on that day? Do you believe this would be helpful and why?

If you were to enter everything you ate in a day into a website, would you be willing to enter every food item you ate in the entire day or do you believe it would be too difficult to remember everything and you only want to enter entrees from your meals? Justify your answer.

If you were to enter everything you ate in a day into a website, which of these would you prefer: entering all of your meals at once so that you can get the best suggestions based on your entire day's recommended calories and nutrients or entering one meal you eat at a time so you don't have to either remember everything you ate during the day or plan your meals ahead of time and enter them before you eat them (the downside of this option being that the suggestions would be based on the recommended calorie and nutrient counts for each meal and wouldn't be tailored to your preferences of how many calories and nutrients you prefer to consume at each meal)? In other words, would you prioritize getting the best suggestions or having flexibility of when to enter each meal and why?

If you were to enter everything you ate in a day into a website, would you rather enter all of the meals into one screen so you don't have to flip back and forth between meal screens or would you rather have separate meal screens so the text and search bar are larger?

If you were to get suggestions for improvements based on the foods you entered and your body metrics, would you prefer suggestions to add a food to one of your meals, remove a food from one of your meals, change a food to a similar but healthier alternative in one of your meals, or a combination of these? Justify your answer.

If you were to get suggestions for improvements based on the foods you entered and your body metrics, how many suggestions would you want to receive? In other words, to what degree would you prioritize having the most options of things to improve on over the simplicity of having fewer suggestions?

If you were to get suggestions for improvements based on the foods you entered and your body metrics, would you want an image of a new food that you would be suggested to add or replace something in your meals? How big should this image be relative to the surrounding text?

#### Interview notes:

In previous experience with dieting software, she found the responsibility of having to log in every day and that articles about food were engaging to be most helpful.

She found some of the language used in articles to be irritating because they would use terms that she didn't understand because it wasn't well suited to her age group, she thought that hashtags and acronyms were designed for people younger than herself. She also thought that there were too many goals to try to achieve on top of logging your meals and exercises.

She doesn't feel uncomfortable sharing her height, weight and age with the website because she knows the computer won't judge her like a human would, she doesn't feel like the site would violate privacy and she understands the benefits of entering this info.

She also is comfortable entering the exercises she did in a day for the same reasons she is comfortable entering her height, weight and age. She understands that this will give the website a better idea of how many calories she can afford to eat. She also noted that other websites have much more personal info about her so she doesn't feel like giving this info to DietAid is significant.

She doesn't believe that it is too much of an issue to remember everything she ate and enter into a dieting website. She did note; however, that she didn't have the time and energy to do this until her kids were more independent and she found it difficult to enter exactly what she ate when she went to a restaurant.

She said that she would rather enter all her meals at once than enter each meal right after she ate it. However, she didn't say that this meant she would prioritize getting the best suggestions over having the flexibility of when to enter her meals. She said that she prefers to enter her meals only once a day so she doesn't have to spend as much time with the app.

She would prefer to have one screen in which to enter meals as opposed to multiple because she doesn't like the idea of flipping back and forth between screens and she believes that the size of the text shouldn't be an issue because she can zoom in if she needs to.

She believes that if you're on a diet you wouldn't be inclined to add food to your meals and she thinks everyone knows that you can take something out that's unhealthy so it's redundant, so she believes the suggestions to swap a food with a healthier alternative is the most useful.

She believes simplicity is important. She doesn't want to be overwhelmed. She thinks that the maximum suggestions she would want to deal with in a day is 6.

She doesn't believe she would need an image, but if she were to have one she would want it to be relatively small so you could have more suggestions on one screen and limit the amount of screens you have to go back and forth between.

Affinity Diagram:

