

### [Idea 1]

I'm really, really bad at time management.

I don't respond terribly well to feeling committed to a time to do it [strength training].

While I think it's an excellent idea it's just something that I am super bad at. It's a frustrating, vicious cycle that I'm bad at committing to times and a routine. Which makes me feel anxious. A decision has been made so that relieves one of the anxiety points.

I'm still anxious, because there's still a lot of unknowns.

It's hard to say whether I would remember because I am absent minded.

I just assume the app is going to send some sort of notification

If the app doesn't have a reminder it's going to cease existing altogether.

### [Idea 2]

I do have all of these items myself. They're not things that I need. It's not something where I can't get started without it.

I've had them [the equipment] for a super long time. I don't really remember the decision. It was something appropriate for beginners for strength training.

It was a multipack. My husband would have wanted to start out with different weights like a five pound. I would maybe want to start with two.

But not big equipment, small things.

### [Idea 3]

I'm sort of interested in that. It would be nice to know that the people leading it are familiar with some of the things that I'm going through. Not that there's anything wrong with being 25.

It can be hard to identify with what each other is going through.

### [Idea 4]

I mean, for me, personally, I actually feel like time based cues work better than activity based.

It's easy for me to lose track of time during an activity or get distracted. My problem is that some random thing pops into my head and I do something else instead.

Whereas if I have the time based thing, I would need to put a reminder but I put a reminder on my phone. All right, it's four o'clock PM, time to do this thing. Then if I've gotten distracted I have this time.

My assumption is that the idea here [tip 1] is to do one of them [strength class] everyday, consistently. But I always feel anxious about obligations.

Why are those stress hormones elevated in the morning.

### [Idea 5]

For me, personally, not really [motivating] because I am not a group activities sort of person.