

| Raw transcript  | Participant # | Theme 1   | Theme 2   |
|---|---------------|---|---|
| <b>[Jade 1]</b>   |               |   |   |
| Is this emphasizing creating a routine? I don't mind entering when I would want to start.   | 1             | routine   | confusion   |
| Like on there's nothing weird about it. It's good that you know, this app is trying to make a daily routine plan according to the user's availability. Yeah.  | 1             | good to know daily routine is based on user's availability                  | positive  |
| Yeah, I would either like the routine. So it's not that I'm always thinking when will exercise. So it's a set routine. I think the first few days might be a little difficult. But when it's not part of your routine, it's good to set a goal. And this app will help you.   | 1             | it'll be hard at first  | I would rather exercise be a routine  |
| It would be after my tea or coffee so it could add my own tea, you know, after I have my tea I would start my routine.  | 1             | after drinking tea or coffee  | start of exercise   |
| I like that routine of finishing up your tea because that's a habit and then just change my clothes. No trouble doing all that. Because I would want to exercise. Yeah.   | 1             | the workout   | easy to change my clothes and motivated to exercise                           |
| I think I would expect the app to send me reminders every day. I would want a reminder the first week or so then it would be part of my routine.  | 1             | I want a reminder   | user expectation  |
| Yeah, if I'm signing up for an app, I would expect reminders.   | 1             | I want a reminder   | user expectation  |
| I get breakfast in the morning. So coffee is the first thing I do and then I work at home. I literally wake up 15 minutes before I have to start working. And then I go make my coffee and then come to my computer and that's it. So I don't think that I could do anything in between that or before that. But I know in the afternoon right when I get off of work, it would be fine because I would have the energy also. | 2             | can't work out in the morning   | can workout in the afternoon because have energy                              |
| I would be excited to start it and try it.  | 2             | enchantment to try it   | positive  |
| I would say it resonates with me. Talking about strength training and adding it into a daily routine, and taking the time to do it. Yeah, you know, sometimes that's challenging. My day to day varies like this morning, since it's Valentine's Day, I treated myself to breakfast so I wasn't at my laptop until around 11.   | 3             | plan resonates with me  | it'll be challenging  |
| I've gone errands after that. But it's a nice way to start my workday. And I had to log on to the VPN as the remote network by 10am. So let's say I get up at like 730 I have breakfast, and I feed my cats their breakfast.  | 3             | day to day varies   |   |
| After breakfast, I brush my teeth. I check email over breakfast because almost everyone else does it. After I brush my teeth, I could do the class and because I start getting pinged at work, sometimes at 10am.   | 3             | typical schedule  |   |
| To be honest, I might not remember it [to take a class] if I have a very hectic stressful workday coming up. So maybe a notification option and maybe it could be optional and someone could turn it off in the settings if it gets to be too annoying.   | 3             | can do exercise after I brush my teeth                                      |   |
| I would come back from work. Put on my clothes and go down to the gym.  | 3             | I won't remember  | need a reminder   |
| It seems like this will be part of my journal. But my question is who is reading it on the other side? Or is this only from my own use?   | 4             | typical schedule  |   |
| Definitely evening, because I'm a night owl.  | 4             | this plan will be part of my journal  | is anyone reading my journal  |
| I'm a night owl. I got a lot of energy in the evening. So starting around six o'clock is the time for me to be doing stuff whether it be computer type thing translation, giving classes and other languages. That's the time that I have the most energy in my day.  | 5             | in a night owl  | need to exercise in the evening   |
| I would put away my dishes. Then I would do them for five minutes, I would do it right away. I'd take a couple of deep breaths. And then I would say okay, let's roll out the mat because we're going to start this five minutes of strength training.  | 5             | get energy in the evenings  | have the most energy in the evenings  |
| Yeah, it's pretty simple. I just have to get moving. So once I'd make a decision that I'm going to do it if I'm gonna do it. So it would just be that initial not spending a lot of time on the couch after dinner and not watching any TV shows or what have you. And going straight up there and opening it up.   | 5             | I wouldn't exercise right away  | I'd roll out the exercise mat after sitting down and taking some deep breaths |
| I'm feeling different, perhaps because you're walking through it with me. So I know there's a human on the other side. But I feel that it's not as juvenile as I thought.   | 5             | I'd need to not spend too much time on the couch after dinner               | or watching tv shows  |
| I like to see things written down. So the fact that I would probably write it on my calendar, and I would like to have my calendar. I might even write that out. Roll out my mat after I eat my dinner in the evening. And I could just write it on the calendar. So it's nice to see the reminder on the app, but I would probably rather see it in person.  | 5             | there's a human on the other side   | it's not as juvenile as I thought   |
| Yeah, it'd be the calendar in my kitchen so that I could see it every day. And maybe after I finished eating I would remember when I see the calendar. Oh, you know, I'm done with dinner now. So I should do the five minute strength class.   | 5             | I'd like to see the plan out on my calendar                                 | I'd like to see the plan in person  |
| I would be hesitant at this point. I can't really make a routine because my work just doesn't allow it. I get up in the morning and the very first thing I do is grab my laptop, open it up and log into my work hub.   | 6             | I'd remember the plan by seeing it on the calendar                          |   |
| And then I'm on the hook at that point. And you know a little thing goes off every time there's work that I need to do and I go and I do that work and then wait for the next work to show up. So this particular part would probably just me off.  | 6             | my work doesn't allow me to make a routine                                  | the first thing I do is log into my work                                      |
| I need to make a commitment. But no, I can't actually make this kind of commitment. I'm really hesitant to set myself up for failure. I'd like this, okay, I will say I will do it for five minutes before I open my laptop.  | 6             | the plan would put me off   | negative  |
| I will do it for five minutes, but that's not gonna happen and I know it because especially towards the end of the week when I'm scrambling to get the last my work and because I have to order to make my lunch for the week, and I simply don't have the luxury of even five minutes at that point and this again goes back to managing these tiny little stretches that just add up over the course of the week.           | 6             | I can't make this commitment  |   |
| So we're able to do it on Monday, Tuesday, Wednesday, but I couldn't do it Thursday and Friday because of the posts on my work.   | 6             | I don't have 5 minutes  | I need to manage tiny stressors over the week                                 |
| I would then at the end of the week feel really frustrated because I wasn't able to keep it up.   | 6             | I can't follow the plan most of the time                                    | work gets in the way  |
| I would definitely choose afternoon or evening, probably afternoon. We're a second shift household here so I'm not even up before nine or 10 in the morning. So I don't usually do any kind of commitment stuff until afternoon or evening when my husband's at work.   | 6             | not Thurs or Fri  | disappointed for not keeping it up  |
| That's using some form of behavior modification. I'm open to trying that.   | 6             | I would feel frustrated   |   |
| I have the most energy in the morning. Even on days when I sleep well sometimes the energy wanes towards the evening.   | 6             | afternoon or evening because second shift household                         | don't wake up before 7 or 10 am   |
| I thought about adding "wash my face". Then I'm like, well but then if I get sweaty in the [workout] class, I have to wash my face again. I would probably do it after brushing teeth.  | 6             | I'm open to trying this   | it uses behavior modification   |
| Rolling out the mat thing doesn't work for me because there are times when I will have a mat rolled out on the floor for a week. And I'm like, okay, you know, it's been there for a while, well, I didn't do anything. Then I just start brushing myself up.   | 7             | I have energy in the morning  | energy wanes in the evening   |
| Simple starting action makes the most sense. I just thought of another one, something that I do every morning which is Waffle.  | 7             | what if I get sweaty in the workout   | I'd exercise after brushing my teeth  |
| I understand pairing the workout with another activity I may even try that tomorrow. But this stuff [tiny weight lifting action] seems unnecessary.   | 7             | I class   | I'd exercise after brushing my teeth  |
| Just do the workout. After I complete Waffle then open the app and just do it. I don't like this step [tiny weight lifting action]. Seems a little unnecessary, inefficient, and kind of condescending. It's like I don't know how to work out.   | 7             | I start feeling guilty for my mat being rolled out and I haven't worked out | rolling out the mat doesn't work for me in the plan                           |
| It's only five minutes I'll just do it in my pajamas.   | 7             | I do the exercise after waffle  |   |
| For me going to the physical space [would be the tiny weight lifting action] because I wouldn't do the workout in my bedroom.   | 7             | I understand pairing exercise with something I do everyday already          |   |
| If I lived by myself it would be easier because my husband sometimes distracts me or interrupts me and he doesn't mean to. So I would have to give a heads up to my husband and be like, Okay, this is my plan for the morning now. So don't talk to me. Don't talk to me during this time.   | 7             | I may try this plan tomorrow  |   |
| I really wish he [my husband] worked out and then we could do it together but he doesn't like going to the gym.   | 7             | I don't like the plan saying I have to do a tiny weight lifting action      | negative  |
| I mean, you have engaged my interest with this pairing [the plan]. But I feel like that would work for anyone. College students could benefit from that [making a plan] too. So I don't understand why it's a barrier to me because it would only be successful if it forced notifications. Because otherwise after I do my Waffle I'm going to open Twitter. Then I'm gonna go into the kitchen and start making my coffee.  | 7             | because it's so quick   |   |
| Maybe after I've successfully done this a certain number of times, then maybe I can let it to turn off the notifications.   | 7             | I wouldn't workout in the bedroom   |   |
| I would need the option to make a temporary change or a permanent change. I may need to make a temporary change if I'm on vacation. I might want to make a temporary change if something else was going on in my life that was messing up my mornings.  | 7             | my husband distracts or interrupts me                                       | user expectation of reminders   |
| I've already met athletic habits. I know about habit stacking.  | 7             | I wish my husband worked out  |   |
| This is the watered down version of habit stacking. A daily plan is not the same as habit stacking.   | 7             | I'm interested in this plan   |   |
| I like when apps tell me to take a moment to think about that [my schedule] because I don't.  | 7             | not sure why the plan is specific for menopause                             | college students could use this plan for menopause                            |
| I would answer in the afternoon because I'm currently not working. And that's when my son is at preschool. But when I work I could be either the morning or the evening.  | 7             | I'd need reminders  |   |
| I think there's probably a lot of friction, especially since it's not already a habit. I feel like I would need to have chosen the space that I would work out and make it appealing. And my husband works from home so I'd have to think okay, I can't distract him.   | 7             | I turn off reminders after doing this a bunch                               |   |
| I think there is friction clearing up after my breakfast or at those little different things that you don't think of.   | 7             | I'd need flexibility of the plan if I'm on vacation                         | flexibility   |
| It's motivating to see and I feel heard like okay, you're using my own words [to make the plan] I feel it motivating that it's encouraging habit stacking.  | 8             | I know about habit stacking   |   |
| The app would ask you "Do you want me to set a reminder for this time every day?" And then I would either reluctantly say sure or ignore. Because I never listen to my phone reminders.   | 8             | habit stacking  | its a watered down version  |
| In order for this to become a habit I would need to write it down physically by hand. Maybe if it told me to write it [the plan] down on a post-it and put it on my bathroom mirror or something.   | 8             | afternoon work when I'm not working and my son is at preschool              | when I work morning or evening could work                                     |
| The app wouldn't be the motivator. It'd be the conduit.   | 8             | I need a workout space and it needs to be appealing for me to do it         | my husband needs to be on board   |
| I like it. The app cares about me. It's kind of a little bit of my personality.   | 8             | I have a bunch of little things I do after breakfast                        |   |
| I'm really bad at time management.  | 8             | it's motivating   | I feel heard  |
| 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 to 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 I relieve one of the anxiety points.   | 8             | I need a reminder   |   |
| I'm still anxious, because there's still a lot of unknowns.   | 8             | I never listen to my phone reminders though                                 |   |
|   | 8             | I would need to write this plan down physically                             | and stick it on my bathroom mirror  |
|   | 8             | the app is not motivating   |   |
|   | 8             | I like the app  | positive  |
|   | 8             | I'm bad at time management  |   |
|   | 9             | I don't like committing to a time   |   |
|   | 9             | in bad at committing to times and a plan                                    | it makes me feel anxious  |
|   | 9             | there's a lot of unknowns even with this plan                               |   |

|   |   |   |   |
|---|---|---|---|
| It's hard to say whether I would remember because I am absent minded.   | 9 | im not sure if I'll remember  | im absent minded  |
| I just assume the app is going to send some sort of notification  | 9 | I assume reminders  |   |
| If the app doesn't have a reminder it's going to cause existing altogether.   |   | the plan went exist for me without a reminder   |   |
|   |   |   |   |
| <b>[Idea 2]</b>   |   |   |   |
| A mat, you know, I can replace it. So a mat is not a problem. I think it's okay if I have duplicates.   | 1 | its ok to have duplicates of a mat  |   |
| What I would do is keep it in my family room. Even on the fireplace, so when I'm free I just use it because you know my TV's like there. So I would just I can turn on any exercise or connect my phone. I would want it in front of me. So I'm motivated to exercise.  | 1 | I want the equipment in front of me so im motivated   | I want it in my family room near my tv  |
| I would probably give some of the things away if it's a duplicate of something I've got already. It's a nice welcome. Yeah, but not necessary.  | 2 | I give it away if it's a duplicate  | it's a nice welcome   |
| It would be a nice start. To say welcome to the app. There are tools that you might want to use with it. But it may be optional to get these things if it's something you've already got, because I wouldn't want to get something again that I have already because then it would just sit there and not get used or I would give it to someone. So I would kind of be useless for me if I got a lot of the stuff here that I already have.  | 2 | its a nice welcome to the app   | I wouldn't want to get duplicates   |
| They're lightweight but big. They're just as strong as regular. I think that they're two or three pounds each so they're pretty small. But it was to be used with an exercise bike. So it just kind of came with it actually so they were free too.   | 2 | the weights i have are 2-3 pounds   | they were free with an exercise bike  |
| I'm wondering if people could pick what they get from the kit. I already have free weights. I live in a studio apartment. So for me less is more.   | 3 | can we pick what we want in the 3 starter kit   | less is more  |
| Is this an app or is it something to use on someone's Smart TV?   | 3 | is there an app with the equipment  |   |
| I live in a very large building and if people have things they don't want they just put them down in the basement unused on a table. And so that's what I would do with these weights. Then someone else could use them.  | 3 | I'd donate the equipment  |   |
| I would probably put all this in the corner. And it might keep it in the original box. I could have easy access to it but my cat could for example.   | 3 | I'd put the equipment where my cat can't find it  |   |
| A little bit to the left of it, me, that weights too much for me right now.   | 4 | the weights i have weigh too much   |   |
| I have a yoga mat, which I don't use, and I have resistance bands that I don't use.   | 4 | I have resistance bands I don't use   | I have a mat I don't use  |
| But I think if you could swap out with something like the yoga mat with the little periscope thing let's say you have a bad neck or a bad back you can use it to roll or different types of weights.  | 4 | can we swap out the equipment   |   |
| [I'd] put the rest on Postmark to sell.   | 4 | I'd sell the duplicates   |   |
| Yeah. If I put it in the same room where my pettable bike is. So right now it's my sewing room. It should be turned into my gym. But it hasn't happened yet. So it might give me the incentive to want to clear out the sewing stuff and put the mat and the barbells and everything in there.  | 5 | I'd put the equipment in my sewing room   |   |
| I don't need swing. I don't need a mat. I've got one. I don't need weights. I've got them. I think for me personally, I would much prefer if this were a shield your seat where you have choices of items that you could just put into this swing bag.  | 6 | I don't need this equipment I already have everything I need  | I'd like to only get what I need  |
| This kit then would be useful to you. But if I got these things I'd be like, well, none of that is useful to me.  | 6 | none of this is useful for me   | negative  |
| I would probably just donate them [the equipment].  | 8 | I donate the duplicates   |   |
| I would still be curious. Especially if they included a nice welcome letter in it. Like, we're so glad that you've joined that would make me feel special. Everybody loves receiving gifts. I wouldn't care too much about it taking up space.  | 8 | I'd be curious about a welcome letter   | I'd feel special receiving this   |
| 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.   | 9 | I have all this equipment already   |   |
| 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.  | 9 | I have equipment for beginning weight training  |   |
| It was a midlife crisis. My husband would have wanted to start out with different weights like a five pound. I would maybe want to start with two.  | 9 | I got 2 pound weights my husband got different weights  |   |
| But not big equipment, small things.  | 9 | the equipment is not large  |   |
|   |   |   |   |
| <b>[Idea 3]</b>   |   |   |   |
| I think it's really good that it's personal and it's developed by people going through the same thing or communities.   | 1 | I like that its developed by people going through the same thing  | positive  |
| I can see it's trustworthy I would like to read through this. It's a good cause. Yeah it would help me.   | 1 | its trustworthy   | it would help me  |
| So what I feel is that we are going through the same thing. So they might have done research. I would like a community. I would know from the coaches as well. And community members can also share. So if something happens, I'm not alone.  | 1 | we're going through the same things   | im not alone  |
| Yeah. It would be that we were going through the same thing. Maybe there's some camaraderie there. And I don't know maybe some jokes. Somebody who understands what I'm going through.  | 2 | camaraderie because we're going through the same thing it would be helpful knowing people are going through it also   | there would be inside jokes   |
| Just knowing that some people are going through it as well, that would be helpful.  | 3 | more relatable  | can relate to me  |
| Yeah, actually. I do think I should think that the coaches are also going through menopause and are in middle because then they're more relatable and they could relate to what myself and other individuals who purchased this kit are going through.  | 4 | I want to see women like me people who look like most of America  | someone who can't bend their knee people who are experts  |
| I want to see women that look like me. I don't want a bunch of skinny blondes with big boobs. I want somebody who's overweight. Or somebody who can't bend their knee. I want people that are real people.  | 5 | im not sure if I'd like this or not   | they need a fantastic personality to keep me interested   |
| As long as she looks real and looks like most of America, and her credentials are correct.  | 5 | its nice to know that the people who are participating in it also have been through this phase of life or are in that phase of the [menopause]  | its nice to know they've also been through menopause  |
| It's something I've never thought of before today. So I guess it would be something new. I don't know if I would particularly like it or not. I'd have to give it a chance I guess because I like to be open to new things. So I can't say oh, I'm not going to try just because they're my age or something. But they would have to have a fantastic personality to keep me interested.  | 6 | I sound crazy when I say it out loud  | is the person going to understand my experience or not  |
| There's a lot more stuff that is just surreal. Like it's just unbelievable.   | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | I can't do exercises that make me jump up and down  |
| It really is like when I say some of the stuff that I've experienced out loud, I sound crazy. And if you haven't been through it, it really sounds crazy. So when I'm talking about my own experience, I'm always making judgement about the person I'm talking to about it, whether or not they're gonna get it or they're going to be like, that's ridiculous. You must be exaggerating when I say I've been in menopause for 20 years, and most people look at me and go, that's ridiculous. That's not a thing that happened. | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| So knowing that I'm with someone who isn't going to do jumping jacks just takes my stress level down because then I am not forced to find something I can do in place of jumping jack. It seems like a really minimal thing, right? Even when I say it out loud, I'm just like, why are we making such a big deal about this?   | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| All of these little things accumulate stress. So it's just a little stress about jumping jacks, but it's also a little stress about this and a little stress about that.  | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| And so I'm really careful about monitoring opportunities or experiences based on the stress accumulation risk that I'm going to have.   | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| I probably can bring down the monitoring level because chances are the person who is doing this has already been through this or is going through this and so they're already aware of these things.  | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| So they're not going to give me something that requires me to do jumping jacks.   | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| I'm torn on that [this idea] because part of me likes that.   | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| Then these women would understand where I'm coming from. But then I also feel like, especially for women who are in my age group, I feel like there's this weird competition to see who can age better. A lot of women mean well, but sometimes they'll say things like, why don't you just do this? And then makes me feel so inferiorly complex.  | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| I would have this fear of judgment and this fear of being judged by women who think I'm not aging properly.   | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| The fact that the coaches are in the same boat is not necessarily appealing to me, because I can more about having an expert, physical therapist or trainer.  | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| I'm sort of interested in that. I 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.  | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
| It can be hard to identify with what each other is going through.   | 6 | I can't do any exercise that makes me jump up and down. If I jump I jump. This is something most menopausal women know and most women who haven't been through menopause don't know and all men don't know. | if I don't have to do jumping jacks my stress levels decrease the little things accumulate stress im careful about monitoring for things that cause stress chances are the person is already aware of stressors they won't make me do things like jumping jacks |
|   |   |   |   |
| <b>[Idea 4]</b>   |   |   |   |
| What is helping other members? I would like to know for other members this kind of exercise is helpful. This one of the day. Yeah, this is very useful because I believe it [morning exercise tip]. Okay, morning exercise should be the way.   | 1 | this is useful because I believe in it  | I'd like to know what works for other members   |
| I think time based cues work better for me.   | 2 | time based cues work better   |   |
| I think that would be useful because if you don't know it explains why it's important to be consistent.   | 2 | it explains why it's important to be consistent   | that's useful   |
| I'd like to have explanations of why you should be doing this.  | 2 | I like explanations of why  |   |
| For me I can't see myself getting up early but I'm much better in the afternoon.  | 3 | I can't see myself getting up early   | afternoons work better  |
| Okay, yeah, no, this screen makes sense. [consistency tip]  | 3 | in the morning  |   |
| Oh, see, I just learned something. I didn't know that. Stress hormones are elevated in the morning. [morning routine tip]   | 3 | the consistency tip makes sense   | learned something new   |
| What my work for me one day with the dog may not work the next day with the dog. Some people the variety and don't actually do the same thing every day.  | 4 | I don't know stress hormones were elevated  | people don't do the same things every day   |
| Consistency is important. This is just to remind you that this is what you know is healthy for you to do.   | 4 | some people the variety   |   |
| Morning routines stick faster. That's very true, anything in the morning you get it done easier. You have the most energy in the  | 4 | this consistency screen should be a mantra  |   |
|   | 4 | morning   |   |

|   |   |   |   |
|---|---|---|---|
| I totally agree with that [tip 3]. I don't like putting a time constraint on my life.   | 5 | i don't like putting time constraints on my life                                    |   |
| For me it wouldn't make a difference for me, but for my friends it would [tip 2]  | 5 | for my friends the tip makes sense  | doesn't make sense for me                         |
| I'm not big on there's a particular time to do this. That's not gonna work. For me at all. Like I'm gonna ignore that completely. It's not going to happen.   | 6 | i don't like time restrictions  | it won't happen                                   |
| My friend will say you have done all your steps, go walk and then I'll do that so that is the kind of cue that that works for me is something that nudges me in a way that is the immediate so like the reason that that works is because I know that I'm sitting still I know I haven't met my quota. And so it nudges me to get up and do it. | 6 | my friend cues me to walk   | it nudges me to get up and do it                  |
| So if this cue was more like if you walk the dog also do this, I'm probably not gonna pay that much attention.  | 6 | no one gonna pay attention to this  |   |
| If the app is going to nudge me in a way like a sound or a vibration on my phone.   | 6 | the app may nudge me  |   |
| If the app was like, Oh, you just went for a walk. Don't forget you also wanted to do a plank.  | 6 | if the app sensed I just went on a walk and then told me to combine it with a plank |   |
| You know when you get done or don't forget you wanted to do this as a strength training to go along with your aerobic or whatever. That would definitely get my attention.  | 6 | if the app said don't forget you wanted to do this                                  | gets my attention                                 |
| I know consistency is important. Are you just reminding me that I already know that?  | 6 | i already know consistency is important   |   |
| Yeah, I think that the activity cue is useful.  | 7 | the activity cue is useful  |   |
| This one is kind of making me feel guilty if I skip one [tip 1]   | 7 | the consistency tip makes me feel guilty if I skip                                  |   |
| I don't know about this one [tip 2] I want to use citations for this, I want to see the references.   | 7 | i want to see citations   | i don't believe this                              |
| I would say it is useful to my brain. My brain is always striving for that perfect time like 7am, I'll do this at 8am. And it never succeeds. So I'm very black and white.  | 8 | my brain is black and white   | i strive for perfection                           |
| Oh, that's helpful [tip 1]  | 8 | that's helpful to think about consistency   |   |
| This information [tip 2] is randomly coming after I've already created everything. I feel like this is misplaced and should be when we're choosing when to do it. Like this could just be like a little like, sub-note or hint.   | 8 | this would be useful when I made the plan   | its randomly coming after i already made the plan |
| I mean, for me, personally, I actually feel like time based cues work better than activity based.   | 9 | time based cues work better for me  |   |
| 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.  | 9 | i easily get distracted while doing something                                       |   |
| 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 from this time.   | 9 | if I had a time based thing I'd have a reminder on my phone                         |   |
| 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.  | 9 | obligations make me anxious   |   |
| Why are those stress hormones elevated in the morning.  | 9 | why are stress hormones elevated in the morning                                     | confusion   |
|   |   |   |   |
| <b>[idea 5]</b>   |   |   |   |
| Yeah. Yeah. So that really motivates me you know, and our community is also doing with me yes.  | 1 | this is motivating  | that the community is exercising with me          |
| I think it's motivating. How would I know that other people do it together? Is there some sort of a friend group or something like that, where you can see other people's progress or a forum or something? So a social media aspect.   | 2 | this is motivating  | but how do I know others are doing it too         |
| So how does the app work though, as far as doing it together? Do you see the other people in the class on the app, like a Zoom situation?   | 3 | how do people exercise together   | confusion   |
| Okay, here I go back to the same question. Daily strength training is hard. We all know that. That's why we do it together. Who is together?  | 4 | who is together   | confusion   |
| Who is moderating or watching or coaching or helping? Is it an app where I'm responsible for doing it myself? Or is there somebody who's overseeing me?   | 4 | is someone watching me?   | confusion   |
| Okay, daily strength training is hard and that's why we do it together. How sweet. That's a nice quote. And that makes me feel happy.   | 5 | this is sweet   | this makes me happy                               |
| It might be [motivational] for other people. Not for me, because I already know these things.   | 6 | this is not motivational for me   |   |
| Who's we? Me and the app?   | 7 | who is we?  | confusion   |
| I haven't connected with anybody else on the app yet. If I had the maybe this would [be motivating]   | 8 | maybe I'd like this if I connected with others on the app                           |   |
| For me, personally, not really [motivating] because I am not a group activities sort of person.   | 9 | this is not motivating for me   | i don't like group activities                     |