

[Idea 1]

That's using some form of behavior modification. I'm open to trying that.

I have the most energy in the morning. Even on days when I sleep well sometimes the energy wanes towards the evening.

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

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 whole week. I didn't do anything. Then I just start beating myself up.

Simple starting action makes the most sense. I just thought of another one, something that I do every morning which is Wordle.

I understand pairing the workout with another activity. I may even try that tomorrow. But this stuff [tiny weight lifting action] to me is unnecessary.

Just do the workout. After I complete Wordle 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.

If it's only five minutes I'll just do it in my pajamas.

For me going to the physical space [would be the tiny weight lifting action] because I wouldn't do the workout in my bedroom.

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.

I really wish he [my husband] worked out and then we could do it together but he doesn't like going to the gym.

I mean, you have piqued 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 particular to menopause.

It would only be successful if it forced notifications. Because otherwise after I do my Wordle I'm going to open Twitter. Then I'm gonna go into the kitchen and start making my coffee.

Maybe after I've successfully done this a certain number of times, then maybe I can tell it to turn off the notifications.

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.

[Idea 2]

[transcript did not capture]

[Idea 3]

I'm torn on that [this idea] because part of me likes that.

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 an inferiority complex.

I would have this fear of judgment and this fear of being judged by women who think I'm not aging properly.

[Idea 4]

Yeah, I think that the activity cue is useful.

This one is kind of making me feel guilty if I skip one [tip 1]

I don't know about this one [tip 2] I want to see citations for this. I want to see the references.

[Idea 5]

Who's we? Me and the app?