

[Idea 1]

I've already read atomic habits. I know about habit stacking.

This is like a watered down version of habit stacking. A daily plan is not the same as habit stacking.

I like when apps tell me to take a moment to think about that [my schedule] because I do it. 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 it could be either the morning or the evening.

I think there probably is 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 disturb him.

I think there is friction cleaning up after my breakfast or all those little different things that you don't think of.

It's motivating to see and I feel heard like okay, you're you're using my own words [to make the plan] I find it motivating that it's encouraging 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.

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.

The app wouldn't be the motivator. It'd be the conduit.

I like it. The app cares about me. It's kind of a nice little personality.

[Idea 2]

I will probably just donate them [the equipment].

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.

[Idea 3]

The fact that the coaches are in the same boat is not necessarily appealing to me, because I care more about having an expert, physical therapist or trainer.

[Idea 4]

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.

Oh, that's helpful [tip 1]

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.

[Idea 5]

I haven't connected with anybody else on the app yet. If I had the maybe this would [be motivating]