

### [Idea 1]

Is this emphasizing creating a routine? I don't mind entering when I would want to start. Like so 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.

Yeah, I would rather it be a routine. So it's not that I'm always thinking when I will exercise. So if 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.

It would be after my tea or coffee so I could add my own like, you know, after I have my tea I would start my routine.

I like that routine of finishing up your tea because that's a habit and then I just change my clothes. No trouble doing all that. Because I would want to exercise. Yeah.

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.

Yeah. If I'm signing up for an app, I would expect reminders.

### [Idea 2]

A mat, you know, I can replace it. So a mat is not a problem. I think it's okay if I have duplicates.

What I would do is I 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 also there. So if I want to I can turn on any exercise or connect my phone. I would want it in front of me. So I'm motivated to exercise.

### [Idea 3]

I think it's really good that it's personal and it's developed by people going through the same thing or communities.

I can see it's trustworthy. I would like to read through this. It's a good cause. Yeah 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.

### [Idea 4]

What is helping other members? I would like to know for other members this kind of exercise is helpful, this time of the day. Yeah, this is very useful because I believe in it [morning exercise tip]. Okay, morning exercise should be the way.

### [Idea 5]

Yeah. Yeah. So that really motivates me you know, and our community is also doing with me yep.