

**[Idea 1]**

I get brain fog in the morning. So coffee is the first thing I do and then since 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.  
I would be excited to start it and try it.

**[Idea 2]**

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.  
It would be a nice start. To say welcome to the app. These 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 it would kind of be useless for me if I got a lot of the stuff here that I already have.  
They're [weights] not big. They're just for strength training. 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.

**[Idea 3]**

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.  
Just knowing that some people are going through it as well, that would be helpful.

**[Idea 4]**

I think time based cues work better for me.  
I think that would be useful because if you don't know it explains why it's important to be consistent  
I'd like to have explanations of why you should be doing this.  
For me I can't see myself getting up early but I'm much better in the afternoon.

**[Idea 5]**

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