

Pre-session

Transparency: Low

Control: No

Coachee: Hello.

Luminaid (Robot): Welcome, I am Luminaid. It is nice meeting you. I am in the pre-session mode. To support you in the coaching session, I need to download the data from your activity tracker.

Downloading and Analyzing....

- Heart Rate [Complete]
- Steps [Complete]
- Calendar Entries [Complete]
- Skin conductance [Complete]

Luminaid (Robot): We are all set.

Main session

Proactivity: Yes

Coach: (smiling, greeting participant) Welcome to today's coaching session. As you know, this is your bi-weekly check-in. You've been wearing the activity tracker for two weeks now, and today we'll look at your progress and discuss ways to support your goals for a more active lifestyle.

Coach: (addressing participant) How have you been feeling about your progress toward a more active lifestyle?

Coachee: (addressing coach) It's actually been better. I'm starting to feel like I'm getting into a rhythm, even though I'm not quite where I want to be yet.

Coach: (addressing participant) That's good to hear!

(action/points towards robot) You've already met Luminaid, who will be helping us by sharing more details from your activity data.

Robot: Yes, we have already met and shared data from the activity tracker.

Coach: (looking at the participant) Let's continue working towards your goals.

Coachee: Okay.

Coach: (looking at the participant) First, I'd like to review your recent activities.

Robot: (interrupt Coach) Maybe I can start by sharing a bit about that. From 7am to 8am last Friday, I detected elevated heart rates and sustained physical movement, which aligns with activities like cycling or jogging.

Coach: (noting down) It's great to hear that you're engaging in some activities.

Robot: (interrupting Coach) Before you proceed, I would like to share some further observations.

Robot: On Tuesday night, I noticed elevated heart rate and increased body movement along with the calendar entry labeled date night, which might indicate an intimate activity.

Coach: (addressing participant) In the last coaching session, you mentioned an interest in