

Pre-session

Transparency: Low

Control: Yes

Coachee: Hello.

Serenova (Robot): Welcome, I am Serenova. 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]

Serenova (Robot): Can I use the information in the coaching session? Select 'All', 'No' or 'Single items by 'Number''

Coachee: I select 'All'.

Serenova (Robot): We are all set.

Main session

Proactivity: No

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.

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. (glancing at robot) Cherami, can you share your observations about the recent activities?

Robot: 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. What other observations do you have, Cherami?

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 losing weight. Could you share how things have been going since then?