Interview Protocol

1. Tell me about why you first started tracking your *(activities/finances/location)*.

2. Did you have a specific reason for tracking in mind when you started to track?

3. What digital tools do you use to track your _____*(activities/finances/location)*?

4. How did you find the tool? (recommendation? looking for a tool specifically?)
   a. What were the reasons you started using [x]?
   b. Did you consider using another similar app? Or did you try other similar apps as well? What made you decide to use [x]? Were there any advantages of [x]?

5. Please describe how you typically track your _____ *(activities/finances/location)* with _____ (*tool*).
   a. What data are you specifically tracking?
      i. Why did you want to track that data?
   b. When do you (What prompts you to) use the tool to track?
      i. [if they don't talk about when they look back after tracking] When do you look at the data?
   c. Do you find your data valuable? In what way?
   d. Do you think the data collected by the app was correct?
      i. Did it bother you when your data was inaccurate?
      ii. Did you ever change what you did as a result of these inaccuracies?

6. [if you're not using x anymore] Why did you stop using [x app]?
   a. Have you started using any other similar tracking apps? Why did you switch?
      i. [If they switched] Can you describe the transition between apps?
         1. [These follow-ups are vague, don't try to match the wording] Did you use both tools at once?
         2. Did you try to migrate your data from one tool to the other?
         3. Did you compare the data collected by the two tools?

7. [if you started and later stopped using x]
   a. Why did you resume using [x]?
   b. What changed about your experience?

8. What would have improved your experience using [x]?

9. Did your reason for tracking [x behavior] change over time?
   a. [If yes] Why did you change your reason?
      i. More important goal
      ii. Previous goals had been achieved

10. [if they expressed specific concerns, such as privacy, security, etc.] Do you have any concerns about using a digital tool to track your ___?
    a. What prompted your concerns about security?
    b. Is there anything that could be added or removed from (*current tool*) to make you feel more comfortable about security?

11. Do you still have any interest in tracking [x behavior]?
    a. Would you use [x] to track [x behavior] again? Why or why not?

As time Allowed

Did the tool have incentives (such as badges) for tracking? How important are/were they to you?

Did any of your friends use this app? How did you use it with your friends?