

Interview Guide

Hypothesis: We hypothesize that Covid-19 has lessened students' exercise and workout routine due to outside restrictions such as the closing of gyms. Covid-19 might have also shifted their routine to limitations like only exercising in the house. As a result students may need a Covid exercising app to help themselves stay fit and maintain a routine.

Topic: The objective of this interview is to understand how Covid-19 has impacted college students' exercise and workout routine. We want to uncover current student life, behavior, and how their current lifestyle has changed due to the pandemic. More importantly, we want to see how they have been coping with public exercising restrictions. Our guiding motivation in this research is to uncover what students desire to help them maintain their exercise habits and routine.

Questions:

General: Who are they?

1. Can you tell me a little more about yourself? Where do you currently live and if you're a student. If you don't mind, in what age range are you...
 - a. 12-18
 - b. 18-25
 - c. 25-30
 - d. 35-45
 - e. 45 or older
2. How has Covid impacted you in general (in terms of being able to leave your house or being more hesitant to leave the house)
 - a. Are you hesitant to go to gyms even if they reopen?
3. What is your current daily routine?

More Specific:

4. What exercise routines do you have in place?
5. What routines have you lost/given up on due to Covid? Have you exercised less during the pandemic?
6. In the last week, how many times have you gone to the gym/worked out?
7. How often did you go to the gym or exercise pre-covid?
8. If you have felt this, please tell me about a time when you felt frustrated during this pandemic on exercising.
9. Please tell me about some problems you have that are preventing you from achieving your fitness goal.
10. What keeps you motivated to exercise? Please tell me about your motivation to exercise during this pandemic.

11. What is your least favorite thing about exercising? Most favorite? Do you have workout equipment at home?
12. What are your short-term and long-term exercise goals?

Ending or Wrap Up:

13. Thank you for your time, did I miss anything in this interview that relates to your exercise routine?
14. Is there anything you want to tell me or anything you'd like to ask?