

Summary of Results

Interview Guide Link:

<https://docs.google.com/document/d/1PMmf6Q6yt3RMuv8hGVVWRLdng2grviQcIeKm1LmCHos/edit?usp=sharing>

Interview Recording Link:

<https://drive.google.com/file/d/1keqxMKBYYhjpyedUS4ythU-Z9wfxJ86C/view?usp=sharing>

Interview Information:

Date: Saturday, 2/20/2021

Time: 5:30pm Pacific Time

Interviewer: Evan Chou

Interviewee: Justin Ko

Location of Interview: via Zoom

Summary:

For my interview, I interviewed Justin Ko, a junior at Santa Clara University majoring in Psychology with a minor in International Business. Justin is currently living in Hong Kong due to the pandemic and is unable to be in the U.S. for the time being. When asked about how Covid has impacted his life, he says that he doesn't really go outside his house often in order to practice social distancing and sanitation. In this sense, he states that exercising has been very limited since the closure of all the public gyms. Initially, even going for walks and runs were limited due to restrictions at the peak of the pandemic. He thinks that everyone is discouraged from exercising outside unless it's out of necessity.

Interestingly, he's hesitant to go to gyms even after reopening and believes it's hard to enforce wearing masks and social distancing in any enclosed areas, especially in gyms, where people tend to gather. It seems like he can't fully trust other individuals, so there is hesitance in going to gyms even if they reopen. He also thinks that because there's a limited capacity, it's not worth going to the gym. He'd prefer if they were allowed to make an appointment ahead of time.

Another aspect to take into consideration in our research from the interview is whether students have exercising equipment at home. Justin says he's lucky enough to have a cardio machine at home, so in the morning, he's able to exercise for a short period of time. However, he thinks the current equipment from home is far from sufficient and would highly prefer having access to gyms and different equipment. Moreover, he states that the most difficult part of this pandemic is controlling his diet and what he eats due to eating at home for the majority of the time. His options are limited and it's hard to keep track of his diet and daily routine.

Currently, the only exercise he does is 30 to 45 minutes on the cardio machine. He doesn't have any access to weights and any machine that helps individuals exercise more rigorously. Most importantly, he says that he has exercised less ever since the pandemic started.

Back at school, he had a daily average of at least an hour and thirty minutes to two hours of exercising. Right now, 30 to 45 minutes is the most he can get out, proving a drastic shift in the student's exercise habit and routine. In relation, in the past week, he has only gone on walks 3 to 4 times whereas before the pandemic, he has never gone on walks. This is because the pandemic has changed his gym routine. Justin further feels that the lack of communication with others and lack of socialization makes him feel isolated and on his own most of the time. It's really up to himself to maintain his health. For instance, keeping track of his diet is drastically different from back at SCU. He now has to use a fitness app to keep track of how many steps he takes and how much food he eats by watching the calories.

In terms of frustration, other than the lack of access, he says that he feels frustrated about the lack of motivation. Before, he could workout with a friend or gym partner, but now, he has no one to workout with currently, so he's lost a lot of motivation for exercising in general. It's very easy to break off from his schedule. Like many other students, his least favorite part of exercising is forcing himself to go on the treadmill while the most rewarding part is feeling refreshed and energized afterwards. I find this being good feedback in perhaps creating an application that can motivate an individual to exercise more. On that note, Justin does state that there is still current motivation in trying to keep himself as healthy as possible during the pandemic, yet the emphasis here is on trying to maintain, not trying to improve. He plans on getting back to exercising more aggressively when the pandemic ends, revealing that there's not really something to push him to exercise rigorously, as his present goal is to just maintain his current weight.

Perhaps the most important finding from the interview is that he started using an exercising app called MyFitnessPal, created by Under Armour. Justin considers the app as a great fitness tracker for the following reasons:

1. It monitors what types of exercises he does
2. It records the repetitions, timing, and how much calories he is burning
3. It tracks his food intake and has a vast catalogue of different types of food where he can scan the QR code, allowing him to keep track of his daily food intake
4. It allows him to put and record his own cooking recipes on it

However, a flaw about the app is that the majority of the functions has to do with dieting and calories rather than exercising. There are no exercise suggestions or exercise routines and notifications to motivate the user. Most importantly, it seems like the app has some wrong facts. For instance, Justin pointed out that it displays boba (popular Taiwanese drink) only having 200 calories when boba calories vary depending on size and type of drink. There are only sizes for popular products such as In N Out burgers and if you're trying to find a niche product, you need to guess the amount of calories yourself.

These results from the interview ultimately prove our hypothesis correct and direct us towards creating an application that primarily focuses on helping students maintain their routine, creating motivation for students to stick with their health and dieting plan, and keeping students

active through suggested exercising routines while taking into consideration that some students can't afford gym equipment.