

Interview: Sofia

Name: Sofia

Age: 17

Gender: Female

Q: Hi, I'm Melis, and I'm working on a project about how people take care of their health, habits, and relationships. I'd love to hear your experiences, there are no right or wrong answers, just your story.

A: Hi, I am Sofia. My English is not perfect but I try. I like to talk about health and life. Thank you for asking me.

Q: Can you tell me a little about yourself and what a typical day or week looks like for you? What kinds of things do you try to make time for regularly? What helps you feel like you're doing well or on track?

A: I am 17 and I go to high school in Rome. I go to school in the morning, and in the afternoon I study or help my mother at home. I try to walk a little or listen to music. I feel good when I finish homework and I talk with my friends.

Q: Have you tried to work on anything recently, like being more active, eating differently, or connecting with people? What got you thinking about that? Was there a turning point or moment that pushed you to start?

A: Yes, I try to eat better. Less snacks, more fruit. My mom say it is better for me. I also started walking more. One day I feel tired and I want to change.

Q: Can you walk me through something you actually tried to make progress in one of those areas? How did it go? What was harder or easier than you expected?

A: I make plan to eat breakfast every day. Before I don't eat in morning. Now I do. It is good. The hard part is when I wake up late. The easy part is the food, I like fruit and yogurt.

Q: Is there any kind of activity, exercise, or sport that's part of your life right now? How did you get started with it? What keeps you doing it, or what causes you to stop?

A: I do some dance at home with YouTube. I started in COVID time and I like it. I stop when I am too tired or have exams.

Q: What helps you stay motivated or consistent when you're working toward a goal?
Can you think of a time when motivation dropped off? What did you do?
Do you tend to work better with accountability or on your own?

A: I write goals in notebook. When I see progress, I am happy. Sometimes I forget and stop. Then my friend remind me and I start again. I work better when I tell someone my plan.

Q: What kinds of people do you usually connect with friends, training partners, or more?
How do you usually meet new people these days?
Can you tell me about a time when meeting someone felt really natural or meaningful?

A: I talk with my school friends. I meet people in class or on Instagram. One girl I meet at summer camp, we talk very easy. Now we are good friends.

Q: Do you usually work out or stay active alone, or with others?
Have you ever wanted to train with someone but didn't? What stopped you?
If you've trained with someone before, how did that happen and how did it feel?

A: Mostly I do alone. I want to go gym with my cousin but I feel shy. When I dance with my friend it is fun. We laugh a lot.

Q: If you could design the perfect experience with an app, a space, or a routine to help you stay active, feel good, or meet the right people, what would it be like?

A: An app that is simple, in easy English or Italian. It show short videos, give motivation, and let me chat with other students. Also maybe music or reminders to move and drink water.