

Interview: Dario

Name: Dario

Age: 22

Gender: Male

Q: Can you tell me a little about yourself and what a typical day or week looks like for you?

A: Im Dario, 22, and I study engineering. I play in university football team and go to gym sometimes. My schedule is full, so I train in evenings.

Q: Have you tried to work on anything recently like being more active, eating differently, or connecting with people?

A: Yes, I started working on my cardio. Coach said I need better stamina.

Q: Can you walk me through something you actually tried to make progress in one of those areas?

A: I tried doing extra run after team practice. It was not easy, but I feel good after.

Q: Is there any kind of activity, exercise, or sport thats part of your life right now?

A: Football is main sport. I do some running and strength too.

Q: What helps you stay motivated or consistent when you're working toward a goal?

A: My friends and team push me. We always talk about goals and matches.

Q: What kinds of people do you usually connect with as friends, training partners, or more?

A: I connect with teammates and people from uni sport club.

Q: Do you usually work out or stay active alone, or with others?

A: Group training is better for me. Alone I dont push hard.

Q: If you could design the perfect experience 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: App with shared team schedule and goals would help us stay organized and motivated.