

## Interview: Giulia

Name: Giulia

Age: 22

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 Giulia. I am happy to help with your project.

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 22 years old and I am student in Sapienza. I go to university in the morning, then I have study or work on computer. I eat lunch with friends sometimes. I try to do walk, drink water, and sleep good. I feel good when I study and finish my exams on time.

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 move more and eat more healthy. I feel very tired before. My roommate start gym, and she tell me to try to walk more. I also stop eating chips every day.

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 start walking 20 minutes before class. It was good for mind. The hard part is when I am late, I take the bus. The easy part is when sun is out, walk is nice.

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 home workouts with app. My friend show me during lockdown. I like small exercises. I stop if I have exams or too much homework.

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 small goals on notebook. Like 'study 2 hours' or 'walk today'. One week I feel sad and don't do anything. Then I talk to my sister and she help me start again. I work better when someone ask me how I go.

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: Mostly I talk to classmates. We meet in lab class. I meet one friend from project group, and now we eat lunch together. It was easy to talk because we both nervous before presentation.

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: I usually do it alone. One time I want to go with classmate but I feel shy. I train with my cousin in summer, and we have fun, it feel good.

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: An app for students with small exercise videos, water reminder, and maybe chat with other students from Sapienza. Also some advice for stress and food tips.