

Interview: Giacomo

Name: Giacomo

Age: 23

Gender: Male

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

A: Im Giacomo. I study architecture. I play football with friends and sometimes join futsal games. I have lectures in morning, and I train or play in evening.

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

A: Yes, I want to be faster on field. I start doing sprints and agility drills.

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

A: I followed YouTube training videos and made a small plan. Was hard to follow every day but I tried.

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

A: Football and sometimes jogging. I like to keep moving.

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

A: Fun of football and being better than last time keeps me going.

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

A: Mostly friends from team and classmates. We talk and train together.

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

A: With friends is always better. We laugh, we compete.

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: Maybe app to make training group and share tips, also schedule games easy.