

Interview: Lorenzo

Name: Lorenzo

Age: 21

Gender: Male

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

A: Im Lorenzo, I study sports management. I play football 3 times a week and go gym too. My week is busy but I always keep time for training. I also do university work in afternoon or night.

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

A: Yes, I try to eat better and do recovery sessions. I want to play better and not feel tired after matches.

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

A: I started doing short morning runs and stretching every day. At beginning it was hard but now I feel better.

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

A: Mainly football. We train with the team and sometimes we do fitness at gym.

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

A: Thinking about game and wanting to win help me. Also training with my teammates give me energy.

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

A: I spend time with team, we talk after training or during weekend. Also meet people in gym.

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

A: I like to train in group. Its more fun and we help each other. Alone I get bored fast.

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 where we can plan team runs or track training together. Also maybe challenge between friends.