

Interview: Alberto

Name: Alberto

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 Alberto. I study economics and Im part of local football team. We train 23 times a week. I also like to go biking in weekend.

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

A: Yes, I try to be more consistent. I miss some trainings before and want to change that.

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

A: I made a deal with teammate to go gym together. It helped me go more often.

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

A: Football is main sport, and sometimes cycling or gym.

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

A: Having plan and a friend to go with really help me.

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

A: I know many people from football, also from classes.

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

A: I like training with someone. We talk, we push.

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 that help plan training with teammate and track what we do would be nice.