

## Interview: Marco

Name: Marco

Age: 25

Gender: Male

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: Hello, I am Marco. I like to talk about this.

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 25. I work in a small shop and I start gym one month ago. I work in shop from morning to evening. After work, I go to gym two or three days. I try to sleep good and eat normal food. I feel good when I go to gym and don't skip it.

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 start gym because I feel weak and no energy. My friend say 'come with me' and I say yes. I want to feel stronger and more healthy.

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 try to eat more protein and go to gym regular. First week I was very tired. Now is better. The hard part is to keep going when I am tired. Easy part is gym people help me.

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: Now I go to gym. I do machines, little bit of cardio. My friend show me how. I like it now. I stop only if I work late or feel sick.

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 stay motivated because I see small results. I feel more energy. One week I don't go and feel lazy. My friend call me and say 'let's go'. That help me. I do better when I go with someone.

Q: What kinds of people do you usually connect with , as 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: I talk to my old friends and some new people at gym. One guy help me with a machine, then we talk after. He also new, so we understand each other.

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 go with one friend. Sometimes alone. I like both. I want to try class, but I feel shy.  
Training with friend is nice, we push each other.

Q: If you could design the perfect experience for 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 in simple language, with videos how to do exercises. Also maybe plan for beginners. And one chat to ask small questions or find gym buddy.