### **Interview Transcript: Participant – Elena, Age 21, Sapienza University Student**

**Interviewer:** May we record this interview?

**Elena :** yes, i'm ready

**Interviewer:** Thanks for being here, Elena! To get started, could you tell me a bit about your daily routine and your relationship with fitness or physical activity?

**Elena:** Of course! I study Classical Literature at Sapienza, so most of my time is spent reading, writing, or in lectures. I’m very careful with my diet — I eat clean and follow a mostly Mediterranean, low-sugar plan. But when it comes to sports or workouts… I’m not very active, to be honest.

**Interviewer:** That’s totally okay. Do you *want* to be more active, or is it not a priority for you right now?

**Elena:** I’d *like* to move more — not for weight loss, but just to feel better mentally and have more energy. I don’t enjoy intense cardio like running, but I think I’d be into something lighter, like yoga, pilates, or maybe hiking or swimming. The hard part is starting and finding the right environment.

**Interviewer:** What usually stops you from being more active?

**Elena:** Mainly two things: time and motivation. After studying all day, I just want to rest. Also, I don’t really have any friends who are into fitness, so I feel kind of alone in that. Going to a class or a gym alone feels awkward — especially when I don’t feel like I belong in that world yet.

**Interviewer:** That makes sense. Do you think you’d be more motivated if you had someone to be active with?

**Elena:** Absolutely. If I had a friend or even an acquaintance who was like, “Hey, want to try this beginner pilates class together?” — I’d go. I just need that little push. Even just knowing someone else is starting from zero too would help a lot.

**Interviewer:** Since you're very mindful about your diet — would you be interested in matching with people based on shared food habits, like healthy eating?

**Elena:** Hmm, honestly… no. I think everyone has a different approach to food, and I’d rather keep that personal. I wouldn’t want to feel judged or pressured because of what I eat or how strict I am. I’d prefer to connect with someone based on movement — even if we’re both still figuring it out.

**Interviewer:** That’s really interesting. If there were an app that helped you meet people nearby who also wanted to try out casual, non-competitive activities — how would that sound?

**Elena:** That would be *amazing*. Like, a place where I could find someone to go for a walk with, or try a new class, without feeling like it’s a big commitment. Especially if it wasn’t all super sporty people. I’d love something that makes fitness feel more social and welcoming.

**Interviewer:** And just to check — how would you feel if that app also had dating features?

**Elena:** I’d prefer if it didn’t. That would just add pressure or change the mood. I’d feel more comfortable in a space that’s focused on building habits or friendships. If something romantic happened later, that’s fine, but it shouldn’t be the starting point.

**Interviewer:** Completely fair. One last question: what would your perfect active day look like, if time and motivation weren’t an issue?

**Elena:** I’d start with a gentle yoga session in the park, then maybe a walk with someone while chatting about books or life. Something low-key and nourishing — not intense or stressful.

**Interviewer:** That sounds really peaceful. Thanks so much, Elena. This is exactly the kind of insight we need!

**Elena:** Happy to help — and I hope your project becomes real! I think a lot of people like me would use it.