### **Interview Transcript: Participant – Flavio, Age 26, Marketing Graduate, Amateur Runner**

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

**Flavio :** yes i m open.

**Interviewer:** Hi Flavio! Thanks for your time. Can you tell me a bit about your weekly routine and how fitness fits into it?

**Flavio:** Definitely. I work part-time in digital marketing, so I have a fairly flexible schedule. I try to go for a run three or four times a week, usually in the morning or around sunset. I got into it during the pandemic and stuck with it — it helps clear my head.

**Interviewer:** That’s great to hear. Do you usually run alone or with others?

**Flavio:** I *used* to run alone all the time, but about three months ago I came across a local running group on Instagram — they meet twice a week at Villa Ada. I gave it a try and now I go almost every week. It’s made a huge difference.

**Interviewer:** What kind of difference?

**Flavio:** I’m more consistent now, and it’s more fun. There’s something about showing up and seeing familiar faces. Even if you’re not talking the whole time, just being in a group creates this shared energy. It’s also made me a little faster, without really trying.

**Interviewer:** How did you feel when you first joined the group?

**Flavio:** A bit nervous, honestly. I wasn’t sure if I’d be too slow or if everyone already knew each other. But they were super welcoming. That’s what really sold me — it wasn’t competitive, it was just people who liked to move and hang out.

**Interviewer:** That’s awesome. Before that, did you ever look for running partners or fitness groups?

**Flavio:** Not actively. I always thought it would be complicated to coordinate with someone. Instagram made it easier because the group just posted where and when to meet — no signups, no pressure. That simplicity was key.

**Interviewer:** Would you be interested in an app that helps people find casual local fitness meetups — like the running group, but for different activities too?

**Flavio:** For sure. I think a lot of people want that kind of community but don’t know how to find it. If there was a clean app where you could see what’s happening near you — not just gyms, but informal stuff — I’d use it.

**Interviewer:** What about matching with people based on shared health habits, like diet or sleep tracking?

**Flavio:** Eh, not for me. I care about those things, but I wouldn’t want to connect with someone based on what they eat. Running together or playing a sport — that’s a much stronger bond.

**Interviewer:** Makes sense. How would you feel if this app included dating features?

**Flavio:** I’d be cautious. I think if dating was the *main* focus, it would change the whole vibe. But if it’s more about finding people to train with, and maybe something else grows from that — fine. Just keep it fitness-first.

**Interviewer:** Got it. One last thing — what would your ideal group activity look like?

**Flavio:** Something like what I’m doing now, honestly. A run in the park with a casual group, no sign-up stress, maybe even a coffee after. I’d also be open to trying other things, like bodyweight workouts or stretching sessions outside.

**Interviewer:** Amazing. Thanks so much, Flavio — this was really helpful!

**Flavio:** No problem!