### **Interview Transcript: Participant – Giovanni, Age 23, Sapienza University Student**

**Interviewer:** Do you consent to having this interview recorded

**Giovanni:** yes

**Interviewer:** Thanks for being here, Giovanni. Let’s start with your day-to-day routine. What does a typical day look like for you?

**Giovanni:** Honestly, it’s pretty hectic right now. I’m in the final year of my engineering degree at Sapienza, and it feels like I’m always behind on something — lectures, labs, assignments. Most days I’m either on campus or studying at home until late.

**Interviewer:** That sounds intense. Do you currently do any kind of physical activity?

**Giovanni:** Not regularly. I used to go to the gym a bit during my second year, but this year it’s been almost impossible. I’m always thinking, “I’ll go after I finish this project,” but that project just keeps growing. So I end up skipping it.

**Interviewer:** Have you ever tried exercising with someone else, like a friend or classmate?

**Giovanni:** I’ve thought about it. A friend of mine used to drag me to a boxing class, and honestly, that helped. I was more likely to go because I didn’t want to bail on him. But now our schedules don’t match, and I can’t keep myself consistent on my own.

**Interviewer:** What makes it hard for you to stay active, aside from the time pressure?

**Giovanni:** Motivation, mostly. When I’ve been staring at code or notes for five hours, the last thing I want to do is change into workout clothes and go outside. It feels like another task. But I *do* feel better when I’m active — mentally and physically.

**Interviewer:** What kind of activities do you enjoy when you do find the time?

**Giovanni:** I like casual stuff. Going for a walk, kicking a ball around, or doing a quick bodyweight workout. Nothing too intense or structured. I just want to move, clear my head, and maybe be around people — but not in a high-pressure gym vibe.

**Interviewer:** Have you ever looked for ways to meet people to exercise with?

**Giovanni:** Not really. I wouldn’t know where to start. I’ve seen posters on campus for sports clubs, but they always seem super competitive or time-consuming. It’d be cool to have something more casual — like, “Hey, we’re meeting to stretch in the park at 6, come if you can.”

**Interviewer:** Would you use an app that helps you find casual fitness meetups or people with similar fitness goals — no pressure, no competition?

**Giovanni:** Yeah, that would help a lot. Especially if it worked with my schedule — like short things in the late afternoon or evening. I think I’d be more motivated if I knew someone else was showing up too.

**Interviewer:** How would you feel if that app also included dating features?

**Giovanni:** That’s not for me. I think I’d be less likely to use it if I felt like people were trying to flirt instead of just connect over fitness. I’d rather focus on feeling good and not worrying about impressions.

**Interviewer:** Got it. If you had a free hour during the week and could use it however you wanted — what would be your ideal active break?

**Giovanni:** Probably a low-key walk or stretch session with a few people, maybe some light conversation. Something to disconnect from uni stress without needing to perform or compete.

**Interviewer:** Thanks, Giovanni. That’s super insightful — we’re really aiming to support people in exactly your situation.

**Giovanni:** I appreciate that. If something like this existed, I’d definitely give it a try