**Interviewer:** can we do some questions about your sport life and record it for university project?

**Jordan :** yes, you can

**Interviewer:** Thanks so much for chatting with me today, Jordan! To start off, could you walk me through a typical day in your life? How do you usually fit in fitness or physical activity?

**Jordan:** Sure! I’m in my final year at university, so my days are a mix of lectures, assignments, and part-time work. I usually try to work out three times a week — sometimes at the university gym, sometimes outdoors if the weather’s good. But honestly, it depends on how busy I am.

**Interviewer:** What kind of activities do you enjoy most?

**Jordan:** I like running and circuit training. I’ve done a few group classes, like HIIT and spin, which I actually really enjoy. They push me harder than when I train alone.

**Interviewer:** Do you usually work out alone or with others?

**Jordan:** Mostly alone. I’d *prefer* to work out with someone — it’s just hard to find people who are free at the same time, or into the same kind of workouts. Sometimes I’ll bump into someone I know at the gym and we’ll do a session together, but that’s rare.

**Interviewer:** Can you remember the last time you tried to find a workout partner?

**Jordan:** Hmm, I think it was during my second year. I posted in a university Facebook group asking if anyone wanted to train for a 5K with me. Got a few replies, but it fizzled out pretty quickly. People just didn’t follow through.

**Interviewer:** What motivates you to stay consistent with your fitness routine?

**Jordan:** Mostly my mental health. Exercise really helps clear my head. I notice I’m more focused and less stressed when I stick with it. But sometimes it gets repetitive. That’s when I lose motivation — when it feels like the same thing over and over.

**Interviewer:** So when that happens, what usually helps you get back into it?

**Jordan:** Group energy helps. Like, I once joined an outdoor bootcamp for a month — being around others really pushed me to show up. There was music, someone leading it, and just the vibe of not doing it alone. It was fun.

**Interviewer:** How important is the social side of working out to you?

**Jordan:** Very. I think a lot of us, especially at uni, are looking for ways to meet people that aren’t just bars or parties. Fitness is such a good way to do that — you’re doing something healthy and productive, but also connecting.

**Interviewer:** Have you ever used any dating apps or fitness apps to meet people?

**Jordan:** I tried a dating app once but didn’t like it. Felt kind of forced. I’d rather meet people naturally or through shared interests. I do use Strava, but that’s more for tracking than socializing. I’d love something that helps connect people around workouts — but without it being like, “you’re here to date.”

**Interviewer:** If there were an app that helped you discover group workouts or find people with similar fitness goals — no dating pressure — would that interest you?

**Jordan:** Definitely. If it let me find local group runs or gym buddies, or even just see who’s into the same stuff and maybe meet up casually — that would be awesome. Especially if it’s easy to see times, levels, and what kind of vibe to expect.

**Interviewer:** Can you think of a time when exercising with someone else made a big difference for you?

**Jordan:** Yeah — that bootcamp I mentioned. The instructor was great, and I made a friend there. We even kept training together for a while after the sessions ended. It made working out something I *looked forward to*, not just a chore.

**Interviewer:** That’s great to hear. Before we wrap up — if you had a free Saturday, how would you ideally spend it fitness-wise?

**Jordan:** I'd probably start with a morning group run and then brunch with whoever came. That combo of activity + social stuff is ideal for me.

**Interviewer:** Awesome. Thanks so much for your time, Jordan! Really appreciate you sharing your experiences.

**Jordan:** No problem.