**Interview Transcript: Participant – Davide, Age 24, Sapienza University Student**

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

**Davide :** yes

**Interviewer:** Thanks for joining me today, Davide! Can you start by telling me a bit about your routine and how fitness fits into it?

**Davide:** Sure! I’m a computer science student at Sapienza, and I usually hit the gym about four times a week. I’ve been lifting for about two years now. It’s become a habit, and I actually enjoy it — especially strength training.

**Interviewer:** That’s great consistency! Do you do any other forms of exercise besides weightlifting?

**Davide:** *[laughs]* Well… I’m supposed to. My doctor and my trainer both told me I should do cardio regularly — it would help with my weight goals and energy. But I’ll be honest, I hate it. Running on a treadmill just feels endless and boring.

**Interviewer:** Totally get that. What makes it difficult or unappealing for you?

**Davide:** I think it's the monotony. With lifting, I see progress — more weight, more reps — and I enjoy the structure. But with cardio, I just stare at the clock. I’ve tried running outside a couple of times, but I always talk myself out of it.

**Interviewer:** Have you ever tried doing cardio with someone else?

**Davide:** Not really. My gym friends are into lifting like me. We joke about how none of us want to do cardio. I feel like if I had someone to run or even brisk-walk with, I’d be more likely to do it. But it’s not easy to find someone with the same goal and schedule.

**Interviewer:** What do you think would help make cardio more engaging for you?

**Davide:** Honestly? Just not doing it alone. If I could go for a run or a bike ride with someone who’s also just trying to improve their health — no pressure, just support — that would make a big difference. Even short sessions would be better than nothing.

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

**Davide:** Not really. I track workouts on my phone, but I’ve never used anything to find fitness partners. Most apps either focus on dating or feel super advanced — like everyone’s already a marathon runner. That’s not me.

**Interviewer:** If there were an app that let you find casual cardio partners or small fitness groups near you — would that interest you?

**Davide:** Yeah, for sure. Especially if it could suggest short runs or beginner sessions, or even “walk and talk” kind of meetups. I’d be way more motivated if I knew I wasn’t the only one struggling to like cardio.

**Interviewer:** That’s really helpful. Just curious — how would you feel if that app had dating features?

**Davide:** I wouldn’t be into that. I think it would distract from the goal. I’d be there to get moving and stay accountable, not to impress anyone or deal with dating dynamics.

**Interviewer:** Totally fair. So if you had a free Sunday morning and were feeling motivated, what would your ideal cardio session look like?

**Davide:** Hmm… I think a relaxed group jog or walk in a park, maybe followed by coffee with the group. Something casual, friendly, and not competitive. Just enough to get my heart rate up and feel good afterward.

**Interviewer:** That’s a perfect image. Thanks so much, Davide — this has been really insightful!

**Davide:** No problem. I hope this turns into something real — I know I’m not the only one who needs a little push to get the cardio in.