

Name: Vince

Age: 17

Occupation: Student

Contact:

Phone/Tablet: iPhone/BlackBerry Playbook

Car: none

Dialog:

Code:

Interviewer: Tell me about yourself.

Participant: Hello, my name is Vince, I am 17 years old and I go to Cardinal Carter Catholic High School.

User Characteristics

Interviewer: I would like to find out various forms of fitness activities in your typical day.

Can you walk me through how you keep track of your fitness exercises or routines Yesterday or past week?

Participant: I usually schedule it into a journal my usual routine is cardio for the first half hour, mainly on the bicycle and usually work on chest or upper body for about an hour, and I usually do legs for 20 minutes, every other day, and then there is the odd occasion where I do arms.

Personal Comment:

- Uses schedule
- Does a routined workout
- Experiments with workout

Frequency

Interviewer: What role does a tablet play in your daily experiences?
(Make sure your asking someone that has a tablet)

Participant: I'm usually able to put timers on, record on it, and play music on it, and use it reach my daily goals.

Mental Model

Interviewer: What kind of fitness activities or apps do you have with your tablet or mobile device?

Participant: I have this 6 pack app on my phone that I usually use for reference when I decide to work out on core. It's pretty helpful, it gives you ideas of what to do, and I find it very useful in developing my my abs.

Goals

Interviewer: What kind of fitness activities do you do in your daily routine to discover new ways to train?

Participant: Well, usually I get a personal trainer, to help me/show me different ways to use the machines, so I can have better knowledge of how to work the other muscles in my body, and hopefully by doing that I will be in better shape.

Priority

Interviewer: What role does a mobile/tablet device play in your life?

Participant: Well usually use it mainly to record what I did for that day. It just helps me plan ahead what I am going to do the next day, or the following day, so that way I can keep it on track, and by doing this I will be able to reach my goal.
I use it for internet browsing, watch videos on YouTube, and stuff like that. Sometimes I listen to music.

Comment:

- Records workout
- Plans ahead
- Reaches goals
- Uses interactive media

Goals

User Characteristics

Interviewer: What kinds of activities do you on your mobile/tablet to discover new information?

Participant: Well, usually I just go on the browser, and just go on Google and see what I am interested in, and expand the idea that I have at the time.
Even on the app store, looking for a new magazine or anything that I find appealing to me.

Goals

Frequency

Interviewer: What kind of activities help you decide on new fitness routines?

Participant: Usually watching cardio videos, or something. Just showing different routines that you can do that allow you to just expand your mind in certain categories so that when you're working out you can try new things.

Frequency

Dialog:

Code:

Interviewer: Ask users to walk through key tasks on a viewing exercise content on Tablet?
(or a web experience) (document key steps & sequences they took to interact with content)

Participant: Well, usually I stretch before attempting any exercising, and then usually I just follow the steps of what it tells me to do for that day, and hope for the best results.

Priority

Interviewer: Walk me through where you leave your tablet
once you arrive home? (Where does it usual stay or move around at home)

Participant: Usually I bring it into my room so that it's easily accessable for me. I plug it in from working
out so it can charge itself, and if I ever need it, I have it there to use.

Priority

Frequency

Interviewer: Is there anything that accompanies you
everyday in your routine?, what kind of objects are
stored inside your backpack?. (Make a List of items (everything))

Participant: Spare pair of clothes because, I don't want to go home in workout clothes. I usually have a
towel, and a water bottle. I usually take my phone, so I always have access to multi media apps and stuff.
With my tablet it depends where I am going. If it's at a coffee shop, yes. With friends, no.

Priority

Interviewer: Is there any accessories that you connect or
Accompanies your mobile devices that helps your train better?
ie Nike Fuel.
if answerd no.....
(If they did have one how would they imagine using it)

Participant: I would probably, more or less, use it for when I am doing cardio cause it would be good in
recording how much you've done cardio wise just using your body, so you can further develop yourself.

Goals

Dialog:

Code:

Interviewer: Is there certain times or circumstances that stop you from being active or achieving your fitness goals?

Participant: Well, if it's a holiday or something you should be around family, or if it's a birthday party, or something... events. Ya, school. If it's a big assignment or exam.

Frustration

Priority

Interviewer: What would you say is your main reason for using a tablet/mobile within your fitness training experiences?

Participant: I would use it just to say what exercise I have done on that day, so that I know that day or the next day after I can go, and know what not to work on because I have already done that, and it keeps me in order of what priorities I have to meet.

Frustration

Goals

Interviewer: What types of relationships do you manage on your mobile devices?. (What apps help manage or socialize on a tablet)

Participant: Twitter, because you're kinda able to follow people or training companies. Even just to communicate with friends that go to the gym that you know that you can meet there, that can help you exercises, that involve two people. Don't use Facebook that much, but if I didn't have Twitter, then I would have to use Facebook.

Frequency

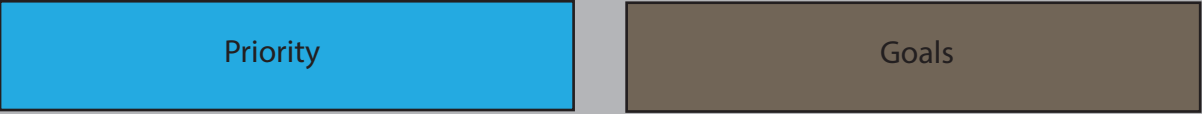
Interviewer: While in a viewing experience what types of connections do you make with other people?
Is there information you share with others or Vice Versa while in or after a fitness experience?

Frustration

Participant: Depending on the type of person, what their workout is. If I need someone to spot for me and they are working on chest then it would make sense for me to start having a relationship with that person, so that way I am able to get someone to help me if I need help. I use it if a friend or two want to come along.

Interviewer: Goals: What makes a good day and bad day while fitness training.

(bad day answer)Participant: Being able to achieve all of my goals that day in a timely manner.

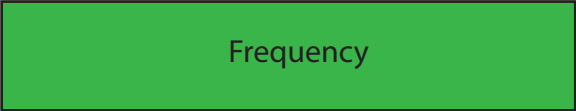


(good day answer)Participant: Vice versa, but with lots of distractions.



Interviewer: (Opportunities): what activities currently waste your time on a mobile device. (tablet or phone)

Participant: Probably YouTube and stuff because you can just explore a bunch of videos of one artist or something, and it just prevents you from working out, or trying to find the song to workout to. It's going to hold you back because you're occupying yourself trying to find that one song instead of working out. Even games like Angry Birds, or any popular games.



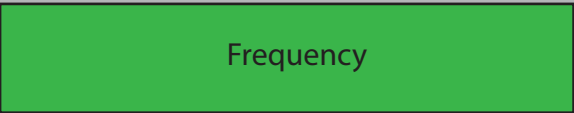
Interviewer: Is there certain times or circumstances that stop you from achieving tasks while fitness training or exercising using content from a tablet.



Participant: Sometimes, if the tablet is glitching or freezing and I can't write down my progress. If it froze on me and I can't access it I have to restart it or something. Depends what I am doing. If it's cardio it gets in the way... but if weight training I can just put it down beside me.

Interviewer: Priorities: What is most important to you? (overall in life when using technology)

Participant: Pretty much staying connected with friends, so that you're always able to connect with people that you know, that you still talk to at the odd time.



Interviewer: What helps you make Decisions in your daily life around staying active?

Participant: Food choices. What you eat; if you're eating junk food you're not going to do good, it's better to stay on the healthier side, and eat vegetables, and fruits. Eating well encourages me to workout to maintain that fitness level.



Interviewer: (Aspirations) What do you see yourself doing 5 years from now?

Participant: I would like to see myself involved in a sports management facility, dealing with sports, generally hockey. I was looking into Brock University for Sports Management, and that I thought it would be good to take that because i have a great interest in hockey, or sports in general.

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| Priority | Goals |
|----------|-------|

Interviewer: (Avoidances) What do you prefer not to do, what do you procrastinate on?

Participant: Depends who I am hanging out with, and what crowd I am around. Staying away from people I don't have real relationships with. Watch movies that occupies me from being away. Video games. If I am sore I do not go to the gym.

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| Frustration | Frequency |
|-------------|-----------|

Interviewer: (Motivation)- What do you enjoy most about your fitness experiences or current lifestyle? What items do you always enjoy to do first?

Participant: It allows you to be in shape. Losing weight, I guess is a plus. Overall having an active lifestyle. How I was before, I was not as built I was more on the lazy side, and now I am active and want to do stuff. I like starting off with cardio. Lift weight... more productive, trying to stay active. Like a good warm up.

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| Priority | Goals |
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Wrap up and Thank Participant.