**ARCHIMENDES**

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**Melody Mumo-111445**

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**BELOW IS AN INTERVIEW CONDUCTED BETWEEN MELODY (INTERVIEWEE)AND FREDAH (INTERVIEWER) WITH THE AIM TO DISCOVER HER DAILY ROUTINE THAT LED TO HER OBESITY AND DEVELOPE SOLUTIONS ON HOW  TO IMPROVE IT ,LILIAN AND LYDIA HELPED WITH THE FORMULATION OF SOLUTIONS FROM THE OBSERVATIONS THE MADE FROM THE INTERVIEW**

**Fredah:** Can you tell me about yourself?

**Melody:** My name is Melody. I'm a BBIT student in Strathmore University.

**Fredah:** What do you do from the minute you open your eyes in the morning?

**Melody:** I take my breakfast, attend my morning classes, take lunch, finish my afternoon classes

Assist my mother with work, have dinner, go to sleep.

**Fredah:** How many meals do you have in a day?

**Melody:** I have 4 to 5 meals.

**Fredah:** How often do you include fruits and vegetables in your diet?

**Melody:** I have a fruit once or twice a week and I hate vegetables.

**Fredah:** What time do your online classes start and end?

**Melody:** My classes start at 8:15 am and end at 5:15 pm

**Fredah**: How many glasses of water do you take per day?

**Melody**: One or two .. I mostly drink soda 4 or 5 times a day.

**Fredah:** How often do you exercise?

**Melody:** Once or twice a week.

**Fredah:** What is the duration of your normal workout?

**Melody:** 15 minutes.

**Fredah:** How often do you shower and brush your teeth?

**Melody**: I shower and brush my teeth twice a day morning and at night.

**Below are observations and Conclusions made from the interview above:**

**Observation**

1.) Based on the interview melody studies from 8.15. to 5.15 pm. This makes her more focused on her studies rather than her own health. She needs to stretch every now and then in between breaks to keep active.

2.)Melody has a bad and unhealthy eating habits .She needs to make some adjustments to her daily eating routine and make it healthy. She needs to incorporate fruits and vegetables more to her diet.

3.) We found from the interview that Melody barely works out. Therefore she should add the number of days she does her work out routine preferably 4 to 5 times a week and add the worlout sessions to 1hour..

4.)  From the interview we found that Melody rarely drinks the recommended amount of water that is 8 glasses per day but instead she drinks an unhealthy amount of soft drinks that is four or five glasses a day.