\*Not meant to be a script\*

Introduction:

* Begin with warm welcome and express gratitude for their participation
* Briefly explain the purpose of the interview

Background Question Possibilities (female)

* Ask about their current methods for tracking their menstrual cycle (if any)
  + Ask further about any challenges or pain points they face in managing their menstrual cycle
* Ask how often do they currently track their menstrual cycle
  + Do they use any existing apps or tools for menstrual cycle tracking?
  + What features or functionalities do they find most useful in their current method or app? Ask about ones they don’t like as well
* What specific information do they consider important to track in relation to their menstrual cycle?
  + Are there any features they wish their current method or app had?
  + Explore their preferences for visualizations or notifications related to menstrual cycle tracking (how often as well)
* Understand their primary motivations for tracking their menstrual cycle tracking their menstrual cycle (ex. Health, fertility, mood)
  + Ask about any specific goals they have in mind when using menstrual cycle tracking application
* Inquire about their ideal user experience when using an application
  + Ask about any concerns or hesitation they might have in using a menstrual cycle tracking app
* If they've used other menstrual cycle tracking apps, ask for their feedback on those experiences.
  + What features did they like or dislike in those apps?

Background Question Possibilities (male)

* Ask about their awareness of hormonal fluctuations in men and whether they currently track any related health metrics.
  + Inquire about any specific challenges or concerns they face regarding their hormonal health.
  + Explore whether they currently use any apps or tools to monitor health metrics, including hormonal aspects.
    - If they don't currently track hormonal cycles, ask what factors might encourage them to do so.
    - Inquire about the specific hormonal information they would find valuable to track (e.g., testosterone levels, energy levels, mood changes).
      * Explore any health goals they have related to hormonal balance.
      * Ask about their preferences for visualizing hormonal data (graphs, charts, etc.).
        + Inquire about their preferences for receiving notifications or insights related to hormonal fluctuations.
        + Understand their motivations for wanting to track hormonal cycles (e.g., fitness goals, mood management, overall well-being).

Ask if they have specific goals in mind that they believe tracking hormonal cycles could help them achieve.

Discuss their ideal user experience when using an application to track hormonal cycles.

Explore their preferences for features that would enhance their overall experience.

If they've used similar apps or tools, ask for their feedback on those experiences.

Explore what features they liked or disliked in existing solutions.