

## Ranjitha's Interview Calorie tracking

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Hello, good evening. I really appreciate you taking the time to meet with me. With your input, we are hoping to develop a better understanding of the problem domain that we are trying to solve in our course project.

- I'm here to discuss about calorie tracker. I'll just give some questions. Have you used a calorie tracker before?
  - Yes.
- What motivated you to start tracking your calories or what would motivate you to start?
  - I want to keep my weight and BMI in check. I want to know how much calories I'm intaking and how much I'm spending.
- How do you estimate portion sizes when tracking your calorie intake?
  - I usually measure the weight of the ingredients that I take and the ingredients like fish, rice, depending on it.
- I'm here to ask about the background information about you. How active do you consider yourself?
  - I'm rarely active. Can you describe a typical day of eating for you? I usually have my breakfast at around 10 a.m. in the morning, have my lunch at around 1 p.m. Sometimes if I'm hungry, I might have snacks at around 5 or 6 p.m. and my dinner is at around 8 to 9 p.m. Okay.
- Do you primarily track calories for weight loss, weight maintenance or general health reasons?
  - I mainly use it for my weight loss.
- Okay, Do you have any dietary restrictions?
  - No.
- Are there specific types of foods or meats that you find difficult to accurately track? And if so, why?
  - I don't find anything difficult to track.
- Can you describe any social or environmental factors that influence your eating habits and calorie intake?
  - Yes. Like if I'm with my friends, I tend to eat more.
- Okay. Are there any cultural or social factors that influence your food choices and eating habits?
  - In the cultural events, if I go to events, I would consume more non-vegetarian foods or that are not healthy.
- How do you prioritize health related goals in your life?

- I would like to keep my food intake in track, not too much food and I wouldn't like to eat at late nights.
- Okay. What are your main struggles with managing your diet?
  - Sometimes if I feel hungry, I tend to eat more than the required quantity and if the food is tasty, I might consume more than the required ones.
- So now I'm going to ask you about the calorie tracker apps you might have used. So how often do you track your calorie intake and what methods do you currently use?
  - I use a smartwatch to track my burn calories and the calorie tracking of the food that I do it manually. I don't use any app for that.
- Okay. What features do you consider essential in a calorie tracking app?
  - The first feature should be like the number of calories taken and the number of calories burned and some basic details like the height, weight of the person using it.
- How frequently do you aim to track your calorie intake?
  - I would like to track it daily.
- Okay. Would you like to receive real-time feedback on your calorie consumption throughout the day?
  - I wouldn't like real-time feedback like once in a day would be fine for me.
- Do you want to be able to sync your calorie tracker data with your fitness devices like smartwatches?
  - Yes.
- Okay. What features or tools do you wish existed in a calorie tracking app but are currently missing?
  - Not sure.
- How do you think a calorie tracking app could better support users who are recovering from disordered eating patterns?
  - Like they could give some warnings if they are eating at odd times not at the fixed times or it could give warnings if they are eating more than the required amount.
- Would you be interested in a calorie tracking app that offers meal planning or grocery list features?
  - Yes, I would love it so that I could customize it.
- How do you track your calorie intake when eating out or consuming homemade meals with unknown calorie counts?
  - When I am eating outside, I usually like if I order anything, I would check the calories in that if it is mentioned. Usually in fast food chain restaurants, they would give the calories.

If I am eating outside in restaurant, I would try to limit the portions.

- Okay. How do you track your calorie intake when dining at restaurants that don't provide nutritional information?
  - I usually try to measure the weight of the portions and the ingredients. I would have a rough idea about the ingredients, calories.
- Okay. How do you handle situations when you are eating meals prepared by others and unsure about the calorie content or ingredients?
  - I usually try to limit the portions that I intake.
- How do you think a calorie tracking app could help users develop a healthier relationship with food and their bodies?
  - Using a calorie tracking app, they could keep track of what they consume and how much they consume so that they could have a healthy amount of portions.
- How do you think a calorie tracking app could help users navigate social situations where food choices may be less healthy?
  - Sometimes they could prefer foods that have low calories. Okay.
- How do you handle cravings or temptations to overeat?
  - I would try to limit myself to eat a particular amount. For example, I would not eat above 100 grams, although it might be tasty. I would try to keep myself busy in some other work.
- So how do you handle situations where you exceed your calorie target or overindulge in a particular meal or snack?
  - I would try to do a small workout and burn the calories more.
- Okay. So how do you handle situations where you are craving a particular food or indulgence that may not align with your calorie goals?
  - I would keep a cheat day for once in a week so that I could eat some food that might not be in my diet.
- So what advice would you give to someone who's new to tracking calories and looking to get started?
  - I would suggest them to include different kinds of foods that have like one day rich in carbohydrates, the other day rich in protein. So to have a balance between the different types of foods. Okay.
- Now I'm going to ask you about some security questions regarding the calorie tracking apps.
- How do you feel about sharing your calorie tracking data with others such as friends, families, or healthcare professionals?
  - I would like to share with healthcare professionals and I would like to share only with close friends. Okay.

- Do you have any concerns about privacy or data security when using a calorie tracking app?
  - Privacy and data security is very important because it relates to our personal health information. So it should be secured. Okay.
- So technology and interface differences questions.
- What are your thoughts on the usability and user interface of existing calorie tracking apps?
  - Yeah. Some of the calorie tracking apps are very good. They have a nice user interface and they're very easy to use.
- Okay. Can you describe any frustrations you have experienced with existing calorie tracking apps?
  - Yeah. One of the frustration is they would give the basic information and usage. And if you want premium features, we need to pay some money for that. And although if you pay for some money, it's not that much worth it. Okay.
- So you're saying about premium features?
  - Yes. Okay.
- So how would you like to see meal planning or recipes integrated into a calorie tracking app?
  - I think it would be better if we could get the chance to customize our meals at the starting of the week to distribute different types of foods in the week.

Mm-hmm.

- So do you prefer a calorie tracking app with a simple streamlined interface or one with the more advanced features or customization options?
  - I'd prefer with advanced features and more customization options. Okay.
- Are there any specific features you wish existing calorie tracking apps have? Specific features?
  - I would like to know the calories of each type of food, like decoding, increase the number of foods that have the specific details.
- Okay. You're saying about some standardized foods?
  - Yes.
- Okay. Are there any features or tools from other types of apps or platforms that you think would be beneficial to integrate into a calorie tracking app?
  - I think one would be the artificial intelligence. So it would track and dynamically adapt to the latest eating features.

- Okay. So how do you think a calorie tracking app could help users overcome common barriers of healthy eating, such as time constraints or budget limitations?
  - Yeah. So if they could suggest like eating at fixed time intervals in a day and limiting the portions, I think there are multiple options to select the cost-effective foods as well.
- How do you think a calorie tracking app could support users in making sustainable long-term changes to their eating habits?
  - Yeah. So usually in the starting, it would be difficult, but while going on the journey, they could start having foods at the fixed time intervals. And in the long run, it could give more benefits.
- So how do you think a calorie tracking app could help address those struggles?
  - One thing is, although we just have the app doesn't mean we can achieve it. We have to be strict and follow it properly and regularly. Although it might be difficult during the early stages, but we have to learn it and adapt to it. Okay.
- So finally, what are your overall goals and expectations for a calorie tracking app? And how do you envision it fitting into your life?
  - Yeah, my requirements are like, I would like to consume at max 2000 calories per day. So I would like to distribute this 2000 as three different portions in a day. And I would like to keep a cheat day once in a week so that I could eat the food that I like so that my body is not deprived of the foods that I would really like to taste. And after the cheat day, I would like to work out more so that I would burn the extra foods that I consume so that the calorie check would be in check.
- So here, this is the last portion of the interview, I would like to ask about some concerns and considerations. Do you have any concern regarding the accuracy of calorie and nutrition tracking in the calorie trackers?
  - I think the calorie trackers are around 70 to 80% efficient. But that's because different cooking process, the different types of materials we use in the cooking process.
- So what concerns do you have, if any, about the potential negative effects of calorie tracking on mental health or body image?
  - The mental health would be like, we have to restrict ourself to eat water, like how much we like. So it would be difficult in the initial days. But after a few days, so we get used to it. Yeah.
- So do you have any concerns about becoming overly focused on calorie counting or developing an unhealthy relationship with food?
  - I don't think so. Like once we keep track of it, so our life would be structured and eating healthy, having healthy food habits is always beneficial.

- Okay. So do you have any concerns about the potential of calorie tracking to become obsessive or lead to unhealthy behaviors?
  - Yeah. Sometimes having too much obsession with calorie tracking might have impact on the mental health as well. So we need to have a limit for that, like track it for a few days and you can have some cheat days. So in this way, you can balance both.

Okay. Thank you so much Leelayashwanth for your time. Thank you.

Thank you.

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