WhatsApp Audio 2024-03-12 at 8.45.57 AM

[Speaker 1]

Hi. Hi, hello.

[Speaker 2]

Have you used a calorie tracker before?

[Speaker 1]

Yes, I have used a calorie tracker before and also even now I am using it. I found it very helpful in keeping track of my daily food intake, like which food I have to intake and to understand the nutritional content of the food side. So, I use calorie tracker now.

Which one do you use? Currently, I am using both, like Google Fit and MyFitnessPal.

[Speaker 2]

Okay. How active do you consider yourself to be?

[Speaker 1]

I would say I am moderately active. Even now, I engage in regular exercise routines and lead an active lifestyle, that's it.

[Speaker 2]

Can you describe a typical day of eating for you, like meals and everything?

[Speaker 1]

I would say a typical day of eating for me is Tuesdays and Thursdays, because I have part-time shifts on those days. So, on a typical day, like Tuesdays and Thursdays, I might have a quick breakfast, like a smoothie or a couple of eggs. For lunch, coming to the lunch, I usually pack a salad or sandwich with two brown breads with salads inside it.

And coming to the dinner, it maybe varies, but it could be anything from lots of vegetables to pasta with sausages and side salad.

[Speaker 2]

What is the primary purpose of you using a calorie tracker, like for losing weight, for building muscle or any other health concerns?

[Speaker 1]

Coming to that, my primary track is to weight loss. Right now, I am a little bit overweight. So, my target is to get to 65 kgs.

Currently, my weight is 75 kgs. So, I have to lose about 10 kgs a bit to stay fit.

[Speaker 2]

Do you have any dietary restrictions like lactose or any allergies?

[Speaker 1]

Not anymore.

[Speaker 2]

How often do you track your calorie intake? Like daily, do you log your food daily?

[Speaker 1]

Coming to that, I track my calorie intake every day as far as possible. And I track my calorie intake every day. And I find it very helpful to log my meals and snacks as I go throughout the day.

[Speaker 2]

And what motivated you to start tracking your calories?

[Speaker 1]

Coming to the motivation, nothing like that. Just to lose my weight, I started using calorie tracker app to observe my calorie intake. Okay.

[Speaker 2]

Are there any particular things that you like or dislike about the calorie tracker you are currently using?

[Speaker 1]

Yes, there are some features in the calorie tracker app. I would say it might be helpful if it has an alarm for tracking my calorie.

[Speaker 2]

Like a notification.

[Speaker 1]

Yes, like a notification of breakfast meals, lunch meals and dinner meals. Like how many calories are left over for me to have in dinner.

[Speaker 2]

Okay. I think they do that but it is a silent notification. Yes, it would be better if they send a notification like an alarm.

[Speaker 1]

For example, I have taken 200 calories in my breakfast and 300 calories in my lunch. Sorry, about 500 calories in my lunch. So, there are total of 800 calories.

So, there are 1000 calories left for my weight loss. So, I want to get an alarm clock like there are more 500 calories left or 300 calories left to achieve my goal. Or like to get an alarm like you have only 100 calories left for your dinner meal.

So, keep tracking on it. So, I would like to receive an alarm notification for me. So, it might be very helpful.

[Speaker 2]

Okay. Are there any features that you consider essential or important in a calorie tracker? Like besides the calorie tracking.

No. No? No.

Do you track the nutrients like the macronutrients or the macronutrients or just the overall calories?

[Speaker 1]

I would say the overall calories.

[Speaker 2]

Okay.

[Speaker 1]

Including protein, minerals, vitamins.

[Speaker 2]

Yeah, yeah. Do you sync your calorie tracker with any smart devices like watches or like Google Fit and other things? Or do you plan to do that in the future?

[Speaker 1]

Yes, I think syncing my calorie tracker data with my fitness devices like smart watches would be really helpful. It would allow me to see a more complete picture of my health and fitness by integrating the data of the calorie tracking app on both my nutrition and physical activities.

[Speaker 2]

And would you like to receive feedback on your calorie consumption throughout the day? Like you are doing well or you are behind on this. Like you are behind on your protein compared to calorie intake.

[Speaker 1]

Yes, I want to because it motivates me and it boosts my energy.

[Speaker 2]

And it is also informative so that you can alter your later meals based on your needs. Yes, I want to. And are there any specific features that you want in calorie trackers that they don't already have?

Excluding the alarm clock thing you already mentioned.

[Speaker 1]

Excluding the alarm clock? Excluding the alarm clock, I would like to have a scanner code of scanning a barcode. Like when we purchase some of the items from Walmart or any other stores, I would like to scan a barcode.

Like scanning a barcode, we can track the calorie tracker and how many calories are there, what is the protein count. So I would like to have a barcode scanner in the app.

[Speaker 2]

Yes, we are already trying to implement that in our calorie tracker. So I guess that's good. Since you said you wanted a QR scanner, how do you estimate the portion size?

When you track some food in your calorie tracker, how do you estimate the portion size?

[Speaker 1]

I would estimate the portion size with the help of cups or with the number of teaspoons.

[Speaker 2]

You measure what you are eating.

[Speaker 1]

Yes, for the measure I use cups or teaspoons.

[Speaker 2]

Are there any specific types of foods or meals that you find difficult to track?

[Speaker 1]

Yes, especially when I go outside like restaurants. Many of the restaurants have different types of foods in the mix. For example, we have mixed vegetables.

Like in the mixed vegetables, we have different types of vegetables that contain different kinds of proteins, different types of calories. So it will be very difficult to track that kind of foods.

[Speaker 2]

How do you feel about sharing your calorie tracking data with others like friends, family or doctors? Like us having a feature where if you reach a particular goal, you can share it with others in the app or outside the app.

[Speaker 1]

Yes, before reaching my goal weight, I would not prefer to share the app features with others. Because I believe to stay consistent until I reach my goal. After reaching my goal, I would like to prefer to share with my friends so that even they can track the calorie record.

So that it might be helpful for them too.

[Speaker 2]

Are there any frustrations that you experienced with calorie trackers?

[Speaker 1]

Yes, I had some of these frustrations at the start point. Because in the starting, while tracking my calorie record, it was very difficult for me. But coming on, moving with those calorie tracker apps, I got used to it.

Now I am enjoying it. I got used to it.

[Speaker 2]

Do you have any concerns about the potential negative effects of calorie tracking on mental health or body image? Like it impacts your thinking because you're thinking I have been eating a lot more than I should. Does it have an impact on you?

[Speaker 1]

No, as I said earlier, it was very difficult for me in the starting of my initial days. But now I got used to it. So currently at the right point, I have no impact on my mind or what you say.

[Speaker 2]

How do you handle cravings or temptations to overeat? Like you wanted to eat ice cream on a diet. How do you handle that?

[Speaker 1]

Having an ice cream, like tracking my calorie. Usually I choose a meal break on at least one day a week. Let's say I choose Sundays to break my meal so that I can eat as much as I can.

Like ice creams, pizzas or something like that. So I choose Sunday to be consistent myself.

[Speaker 2]

What are some of the struggles that you faced while tracking your calories or following a diet?

[Speaker 1]

Coming to the struggles, I would say tracking the number of content of the protein. Like for my goal, I have to lose my weight for about 10 kgs. So it was very difficult to track my protein intake.

Tracking my protein and consuming the protein is very important to lose the weight. At the same time, we have to track our calories. We have to reduce even 200 calories lesser than the recommended.

So that we can lose our weight as soon as possible. So it will be very difficult for us to choose certain kind of foods which consist less calories. Let's say yogurt or milk products.

Its calories are very less. But even their protein content is so high. So we can consume it.

In the initial days, it will be very difficult for us. But moving with the help of the calorie tracker and tracking our nutrition contents, it will be very useful in the going on days.

[Speaker 2]

Would you be interested in a calorie tracking app that offers grocery lists or meal

planning? Like we offer suggestions on what to buy for your specific goals. Would that be a feature you would be using or would be interested in?

[Speaker 1]

Yes, I would love to have that feature in the coming apps. Having that kind of feature will be very helpful to the people like me. But in the busy days, like in the weekdays, especially when we go to work or when we go to universities, there will be a busy lifestyle for us in the weekdays.

So it will be very hard to follow it. But it will be a very good feature as I say. Okay.

[Speaker 2]

Usually, do you plan your meals ahead of time? Or do you like prepare whatever that you're feeling to eat in the moment?

[Speaker 1]

Yes, I would like to prepare for some of the items before the moment. But at some times, there are very difficult days. There will be some of the difficult situations that I can't plan my meal, especially in the weekdays, as I said earlier.

There are some times it will be very difficult to plan my meal. So I plan like the food which can be prepared as quickly, like bread with peanut butter, or bread with salad, so like that. And also having oats with additional milk.

So I would like to have those.

[Speaker 2]

Do you have any concerns about privacy or data security when using a calc tracking app? Like they're using your data to analyze eating behaviors and other stuff.

[Speaker 1]

Yes, I want to have some privacy on my data tracking. So that none of my friends or family members can't know them. Because especially for my family members, they worry about what I eat.

So I don't want to know.

[Speaker 2]

Would you prefer it if we stored your data on your phone instead of on the cloud?

[Speaker 1]

Yes, I would love to. And also if the data is stored on my personal phone, it will be okay. But if I want to share the data to other people, it will be problematic.

But if the data is stored in my personal phone, it will be very important. And it will be very helpful even to tracking on my past data, tracking on the last month's food, which I have taken intake, like the number of calories, the number of kgs I have lost in the past month, I can track it and I can make myself motivated in the coming months. So the data stored in my personal phone, or it might be in the cloud, it will be very helpful to make myself motivated.

[Speaker 2]

Do you prefer a calorie tracker app with a simple streamlined interface or one with more advanced features and customization options? Like do you use only the calorie tracker for tracking calories or do you want any other extra features like suggestions and something more?

[Speaker 1]

As far as now, I would prefer my calorie tracking app with a simple data and with streamlined interface because having a simple data will be very helpful to tracking my past data and tracking my incoming meals. So that it will be very simple. I would like to have my data very simple to observe it.

[Speaker 2]

Do you have any concerns regarding the accuracy of calorie and nutrient tracking that are available in the calorie trackers? Like do you think they are pretty accurate or do you have any concerns regarding the accuracy of the information that they provide?

[Speaker 1]

I think there are no concerns regarding the accuracy of calorie tracker in the apps which I am using right now. I think they are pretty accurate.

[Speaker 2]

Can you describe any social or environmental factors that influence your eating habits?

[Speaker 1]

Yes, coming to social or environmental factors, the people around me, the people I observe daily are very fit and they consume a healthy diet. And also most of my friends and family members go to gym regularly and they maintain their diet to stay themselves fit. So these features and factors made me realize to stay healthy and maintain our body to be fit.

So these factors motivated me to stay fit and have to maintain a good diet to stay healthy for us.

[Speaker 2]

What do you think about us integrating a fitness tracker into a calorie tracker? Like integrating data from Google Fit into a calorie tracker so that we can also calculate how many calories you expended throughout the day. So that we can tally your calorie intake and your calorie spending.

So that we can get an understanding of what you are eating and how many calories you are burning. Is that something you think you would like or is that something you don't want to do?

[Speaker 1]

Yes, of course I would like to add that feature in the calorie tracking app. Yes, usually I go to gym and I want to know how many calories I am burning per day. Depending on my energy saved on the day, the number of calories burned will be dependent on that.

And the calories burned per day will be changed accurately day by day. I can't be assured that I can burn this much of calories per day. So by knowing my calorie intake, I can be motivated to burn this much of calories per day.

And also after coming to home from my gym, depending upon the number of calories burned, I can consume the meal. By knowing the number of calories burned, I can consume a meal of little bit low calories that I usually take. So having this feature in the apps, it will be very helpful to the people like me whose primary goal is for the weight loss.

So as far as I know, my current weight is 75 kgs as I said earlier and my goal is to lose 10 kgs of weight. So having this kind of features in the app will be very helpful to people like me.

[Speaker 2]

Would you be interested in us including blogs or articles in the calorie tracker? Like articles that we found that you think will be helpful for someone who is using a calorie tracker to get to their goals. Like would you be interested in reading articles on our calorie tracker?

Do you think that would be a good feature?

[Speaker 1]

Yes, I would like to have that feature in the calorie tracking app. The app including the

features like you said like blogs and articles, it will be very helpful. Instead of searching the information in the articles from outside, it will be very helpful to have those features in the app itself.

So that we can read it from the app and the blogs included in the app itself. So that it will be very helpful to track my calories and stay up to date.

[Speaker 2]

How do you handle a situation where you exceed your calorie target for a day or you overindulge on a particular meal? Like you exceed your calorie target for a particular meal or a snack. What do you do then?

[Speaker 1]

It depends upon the situations. Like it depends upon the situations. Like if I exceeded my calorie meal in the morning sessions, like we say in the breakfast, if I exceeded my calorie intake, I will try to reduce my meal target in the coming meals like in the afternoon or in the night times.

Or if I exceed my calorie intake during afternoon or night, I will try to reduce my calorie intake in the next day. And I want to be active. I would like to try to be active in the whole day.

And also I try to burn more calories as usual in the gym. So if I exceeded my calories, I would like to, I will try, definitely try to burn more calories as usual as daily life. I'll try to burn more calories.

That's it.

[Speaker 2]

Okay. Do you have any concerns regarding you developing like an unhealthy relationship with food because you're tracking calories? So do you have any concerns regarding you developing an unhealthy amount, unhealthy relationship with tracking calories?

[Speaker 1]

Coming to that, I don't, I don't want to meet my calorie record so accurately. Just I want to make myself to be stopped. Like I want to make myself to maintain my calorie.

Yeah, to accountable my calorie intake. To maintain this, to avoid such kind of problems, to avoid such kind of problems, I choose a cheat meal on Sundays. If I want to have such kind of foods or to break my meal, I would like to have those kind of foods on Sundays of cheat meals.

And I would work hard on Mondays to reduce my calories or by burning more calories because on Sundays I already have a cheat meal. So I will be more energetic on Monday so that I can burn more calories on the day. So it will be no more problematic for me to have such kind of problems.

[Speaker 2]

Would you like feedback or suggestions on the food you ate?

[Speaker 1]

Yes, I would like to have some feedback on the food I ate.

[Speaker 2]

Do you think it's important for a calorie tracking app to consider factors like how hungry you feel and how full you feel when providing feedback or suggestions?

[Speaker 1]

Yes, it's important for a calorie tracker app to consider these factors like hunger, fullness and satisfactory. Because if the app doesn't consider the features like this, it will make the people who are using this app to break their meals and to stop their calorie tracking in that app. And also this leads to stop using this kind of apps.

If the app includes these features like coming to hunger, if I select I am very hungry in the afternoon day. So the app it automatically increases the calorie intake features in the afternoon session and thereby reduces my calorie intake in the night. So that the whole calorie intake of the day will be the same.

For example, my goal is to for the weight loss. So my calorie intake will be 1800 calories per day. So let's say I have taken 300 calories in my breakfast session.

So there are 1500 calories left. So if I choose I am hungry in my afternoon session. So instead of tracking 800 calories in my afternoon session, it will be increased.

Sorry, instead of tracking 700 calories in the afternoon session, it will increase 200 calories a little bit more. So that the total intake calories till afternoon will become 1100 calories. And there are still 700 calories left in the night session.

Or if it increases 300 calories more in the afternoon session. So there are still 600 calories left in my night session. So if these features include, if the app includes these kind of features, so the people might be consistent.

The people might stay consistent of using these kind of features and they will not lose interest of using these kind of apps. So the importantly calorie tracking app must have to

include these kind of features. And these factors are very important to have in this app to make people stay consistent following their diet.

[Speaker 2]

Okay, thank you. And what advice would you give to someone who is new to tracking calories and looking to get started?

[Speaker 1]

Like, I would like, the only advice I would like to give to the people who are starting calorie tracking apps is to having a cheat meal at least once in a while, once in a week. So having a cheat meal once in a week make them to be motivated. Because in the initial days, there are many chances, there will be more chances to distract their meal.

And there are more chances and more possible ways to distract their meal intake and to be distracted from the calorie intake and using these kind of apps. So the only suggestion I would like to give is to have a cheat meal at least once in a week so that they can have the food, whatever they can have, like let's say ice creams or street foods, so they can have on the cheat meal. And also they have to work so hard on the Mondays, like if they choose their cheat meals on the Sundays, because most of the people will be free on Sundays, on the weekends.

And also those people will be more energetic on Mondays so that they can work hard and they can burn more calories as usual on the Mondays. So the only suggestion I would like to give is to have a cheat meal at least once a week and work so hard and burn more calories on the next day. So that is the only suggestion I would like to give.

[Speaker 2]

Finally, what are your overall goals and expectations for a calorie tracking app and do you have any suggestions for us?

[Speaker 1]

Coming to the expectations and overall goals of calorie tracking app, there is only one expectation for me, which is to provide similar...

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