**Calorie Tracking Interview - 1 Transcript**

**Participants:**

**Interviewer: Nimal Raja Karuppiah Loganathan (N)**

**Interviewee: Rithika Ponnuru (R)**

**N:**Have you ever used a calorie tracker before?

**R:**I Am currently using a calorie tracker application

**N:**How active do you consider yourself?

**R:** I Am a bit active.But i will play sports frequently.

**N:**Do you primarily track calories for weight loss, weight maintenance or general health reasons?

**R:** Actually during early days i never tracked or calculated calories for weight loss.Currently I am counting my calories.

**N:**Do you have any dietary restrictions?

**R:** I do have some dietary restrictions.

**N:** How often do you track your calorie intake and what methods do you currently use?

**R:** I do track my calorie intake.Currently, iam using an application to track calories

**N:** What motivated you to start tracking your calories or what would motivate you to start?

**R:** Few of my friends suggested that I track my calories.It is not about weightloss.It is something like being healthy. At one point I wanted to know the “number” of my intake to make my inner body healthy.

**N:**Have you previously used any calorie tracking apps or tools ? which ones and what did you like or dislike about them?

**R:** During my early days in the process of counting calories I tried a few apps.Few couldn't detect proper count.And the interface of few apps were not user friendly. Now currently i am using “ Myfitness pal” this helps mainly to choose proper food with exact calorie count besides that they are even tracking my exercise regularly.

**N:**How frequently do you aim to track your calorie intake every day?

**R:** These days I'm being very consistent in tracking my calorie intake.

**N:**What features do you consider that you want to include in a calorie tracking app?

**R:**These days all the apps are active in eating healthy.Iam a person who loves to eat restaurant food frequently.Why can’t they include restaurant style of diet in their apps?I think it will be the best to prefer.

**N:**Would you like to receive real-time feedback on your calorie consumption throughout the day?

**R:**Yes

**N:**Do you prefer to sync your calorie tracker data with your fitness devices like smart watches?

**R:**Yes

**N:**Are there any specific features you wish existing calorie tracking apps should have?

**R:** Different types of cuisines

**N:**What motivated you to start tracking your calorie intake?

**R:** It is not like motivation.It is something i want my gut and inner body to be clean and proper. Usually few people will concentrate on their looks such that they will think they are “fit & healthy”. If we are healthy from inside the skin and bone power too will be healthy everything depends on the food that we feed to our body.That is what i believe.

**N:**How do you estimate portion sizes when tracking your calorie intake?

**R:** Iam currently using measuring cups and kitchen scale.

**N:**Are there specific types of foods or meals that you find difficult to accurately track and if so why?

**R:** I think in frozen foods.

**N:**Do you prefer a calorie tracking app that offers personalized recommendations or suggestions based on your dietary goals and preferences?

**R:** Yes

**N:** How do you typically handle tracking your calorie intake when eating out or consuming homemade meals with unknown calorie counts?

**R:** I will calculate each item that was used in the meal.

**N:**How do you feel about sharing your calorie tracking data with others such as friends, family or healthcare professionals?

**R:** I Am fine with Healthcare professionals because they can guide me to be better.

**N:**Can you describe any frustrations you've experienced with existing calorie tracking apps?

**R:** Interface and sometimes it provides inaccurate information

**N:**How would you like to see meal planning or recipes be integrated into a calorie tracking app?

**R:** It will make my day easy!

**N:** Do you prefer a calorie tracking app with a simple streamlined interface or one with more advanced features and customization options?

**R:** I prefer a user friendly interface besides a customization of meals with a proper calorie tracker.

**N:**Do you have any concerns regarding the accuracy of calorie and nutrient tracking in the calorie trackers?

**R:** It is not like accuracy.But i prefer to know that in a day how much nurture food i gave to my gut.

**N:**How do you think a calorie tracking app could help users develop a healthier relationship with food and their bodies?

**R:**These days being healthy is very tough.Because of food cravings and preferring junk. If we had a proper knowledge and count of food that we are feeding to our gut. It will be good to our health.

**N:**Can you describe any social or environmental factors that influence your eating habits and calorie intake?

**R:** My grandfather taught me the importance of consuming a variety of vegetables and fruits for a healthy body. As a child, I used to avoid eating curry leaves. He explained that curry leaves are beneficial for maintaining good vision and give healthy hair growth. He is the one who encouraged me to value different foods, and now I enjoy eating all kinds of vegetables and fruits.

**N:** 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?

**R:** May be Socializing.People might enjoy connecting through sharing their cooking experiences and healthy eating habits. By posting pictures of their meals and recipes, people can showcase their own cooking styles and tastes. This sharing of recipes and experiences can be motivating and informative for others interested in living a healthy lifestyle.

**N:**Do you prefer a calorie tracking app that offers personalized recommendations or suggestions based on your dietary goals and preferences?

**R:**Yes

**N:**Would you like to participate in a community or group feature within a calorie tracking app?

**R:**Yes

**N:**How do you handle tracking your calorie intake when dining at restaurants that don't provide nutritional information?

**R:** The restaurants I have visited typically include calorie information for each dish on their menus, including the special items of the day.I can easily see the calorie count for each dish. It's common for many restaurants to include calorie information on their menus these days, as it helps customers make more informed choices about their meals. Including calorie counts to manage their calorie intake.

**N:**What features or tools do you wish existed in a calorie tracking app but are currently missing?

**R:** Socializing and Different types of cuisines with restaurant style.

**N:** Would you be interested in a calorie tracking app that offers meal planning or grocery list features

**R:**Yes

**N:** Do you think it's important for a calorie tracking app to provide educational resources or information about nutrition and healthy eating

**R:** Yes