Interview -1

Have you used a calorie tracker before

No

How  active do you consider yourself

I am not so active ah but I do some exercise

Do you primarily track calories for weight loss weight maintenance or general health reasons

I do it for weight loss mostly

Do you have any dietary restrictions

No

How often do you track your calorie intake and what methods do you currently use

I do not track my calories

What motivated you to start tracking your calories or what would motivate you to start

Maybe my weight loss goals and trying to eat healthy foods

Have you previously used any calorie tracking apps or tools If so which ones and what did you like or dislike about them

No I did not use a calorie tracking app before

How frequently do you aim to track your calorie intake

Everyday

What features do you consider essential in a calorie tracking app

How many calories I burnt and consumed will be great

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

Yes

Do you want to be able to sync your calorie tracker data with your fitness devices like smart watches

Yes

Are there any specific features you wish existing calorie tracking apps have

No

What motivated you to start tracking your calorie intake

My weight management and weight loss goals

How do you estimate portion sizes when tracking your calorie intake

Using standard measurements like cups or single item

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

Maybe curries and other foods which are combination of different types of foods may be difficult

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

Yes

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

I add up the individual food calories used

How do you feel about sharing your calorie tracking data with others such as friends family or healthcare professionals

I am okay with that

Can you describe any frustrations you've experienced with existing calorie tracking apps

Cannot see the tracking progress

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

I would be great and easier

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

I like simple interface

Do you have any concerns regarding the accuracy of calorie and nutrient tracking in the calorie trackers

No

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

By counting the calories and seeing how many I consume in the day and compare it to my goal to control my intake

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

Like parties and get togethers make me eat more than usual

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

May be communities and exercise tracking apps

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

Yes

Would you be interested in participating in a community or group feature within a calorie tracking app

Yes

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

I will try to estimate the calories based on the individual items

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

Nothing

How do you think a calorie tracking app could help users overcome common barriers to healthy eating such as time constraints or budget limitations

I think it helps

What concerns do you have if any about the potential negative effects of calorie tracking on mental health or body image

Over tracking or extra conscious about calories which can lead to insecurity

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

Yes

How do you think a calorie tracking app could better support users who are recovering from disordered eating patterns

It can help users to see how many calories they are consuming and they can be cautious about eating more

Do you have any concerns about becoming overly focused on calorie counting or developing an unhealthy relationship with food

No

Would you be interested in a calorie tracking app that offers suggestions for healthier food choices or portion control tips

Yes

How do you handle cravings or temptations to overeat

I restrict myself from eating unnecessarily and I mostly take liquid foods to make myself full so I can avoid to overeat

How do you prioritize health-related goals in your life

I do exercise and try to eat healthy as possible

How do you handle situations where you're eating meals prepared by others and unsure about the calorie content or ingredients

I just ignore calorie counting for that meal

What are your main struggles when it comes to managing your diet

Refusing the more calorie foods and unhealthy foods

How do you think a calorie-tracking app could help address those struggles

Keeping the calorie tracking can keep me conscious of my intake

Do you prefer to plan your meals ahead of time or make decisions about what to eat at the moment

Few times I just plan ahead and few time at the moment

How do you feel about the idea of setting specific calorie targets or goals within a tracking app

That would be nice

Would you be interested in tracking other aspects of your diet besides calories such as macronutrients or micronutrients

Yes

Do you have any concerns about the potential for calorie tracking to become obsessive or lead to unhealthy behaviors

No

Do you think it's important for a calorie tracking app to consider factors like hunger fullness and satisfaction when providing feedback or suggestions

Yes

Do you have any concerns about privacy or data security when using a calorie tracking app

No

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

Yes

Are there any specific features or tools you would like to see in a calorie tracking app that would make it more user-friendly or effective

No

Interview-2

How would you feel about the inclusion of ads within the Health Harbor app Would you prefer an ad-free experience, or are you open to seeing relevant ads if it means accessing the app for free or at a lower cost

I like ad free experience

Can you share any additional features or tools you believe would enhance the overall user experience of Health Harbor beyond the existing components mentioned

Collaborating with exercise apps for calorie burnt tracking

How do you envision the calorie tracker within Health Harbor helping users maintain long-term dietary habits and overall wellness goals

I think it can help me track and be conscious about my calorie intake

Would you be interested in personalized insights or recommendations based on your calorie intake and other health data tracked within the app If so what type of insights would be most valuable to you

Yes I would like to see my calorie intake and burnt over the period of time and also insights about my weight like how much improvement I have got

What are your thoughts on incorporating community features within Health Harbor such as forums or groups focused on nutrition and wellness to encourage peer support and accountability

I like it it can be used as a support and knowing many others stories and their improvements can be as a motivation to me

Are there any specific concerns or challenges you foresee in terms of privacy and security when using a comprehensive wellness app like Health Harbor If so how would you like to see these addressed

I have no concerns but maybe if I have to give my bank account details I would want it to be safe

How important is it for you to have access to customer support or guidance within the Health Harbor app particularly when it comes to using the different features or addressing any issues that may arise

I think it will be nice to contact the support and see a quick response

Would you be interested in participating in beta testing or providing feedback during the development of Health Harbor to ensure it meets the needs and preferences of users like yourself

Yes

Would you be interested in testing out the features of our calorie tracker

Yes I am interested

Would you like to purchase our Calorie Tracker Health Harbor as a large one-time purchase or would you like to have a subscription-based model

I will like a subscription plan

In terms of subscription models what pricing structure would you find most appealing for access to the Health Harbor app and its features

Is it in terms of time

Yes

Then I will like a monthly plan

Would you be willing to pay money to use our calorie tracker

I like if it is free but if it has any advanced features and better performance then I have no problem to pay

How much would you be willing to pay for the features of our calorie tracker

Maybe ten to fifteen dollars per month

Are you conscious of other people looking at your health fitness data

Yes I do not want everyone to look at it it will be nice if I can give access to those who can look at it