**INTERVIEW 1:**

Nithish: Have you used a calorie tracker before?

Lohith: Nope, I've never used one before.

Nithish: How active do you consider yourself?

Lohith: I'll be honest, I can be a bit lazy sometimes.

Nithish: Can you describe a typical day of eating for you?

Lohith: I usually just eat whatever I feel like, without really keeping track of it.

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

Lohith: Nah, I've never really been into calorie tracking.

Nithish: Do you have any dietary restrictions?

Lohith: Nope, I eat whatever I want.

Nithish: How often do you track your calorie intake, and what methods do you currently use?

Lohith: I don't really track it at all, to be honest.

Nithish: What motivated you to start tracking your calories, or what would motivate you to start?

Lohith: Honestly, you got me thinking about it and I figured I might as well give it a shot.

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

Lohith: Nah, I've never given them a try. But, some of my friends are into that stuff.

Nithish: How frequently do you aim to track your calorie intake?

Lohith: I don't aim for any specific frequency, just go with the flow.

Nithish: What features do you consider essential in a calorie tracking app?

Lohith: Since I'm not familiar with it, I'd appreciate if the app could give me some guidance and teach me the basics.

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

Lohith: Yeah, that would be helpful.

Nithish: Do you want to be able to sync your calorie tracker data with your fitness devices like smartwatches?

Lohith: Sure, if it makes things easier.

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

Lohith: Maybe a feature for cheat days?

Nithish: What motivated you to start tracking your calorie intake?

Lohith: Honestly, you got me thinking about it and I figured I might as well give it a shot.

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

Lohith: I just go with my gut feeling. If I'm full, I stop eating.

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

Lohith: I think it's more about the whole meal than individual foods.

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

Lohith: Yeah, that could be useful.

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

Lohith: I usually just estimate or don't worry about it too much.

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

Lohith: I'm okay with it if it helps me stay accountable.

Nithish: What are your thoughts on the usability and user interface of existing calorie tracking apps?

Lohith: I'm not really sure since I haven't used any.

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

Lohith: I haven't personally experienced any frustrations.

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

Lohith: It would be great to have meal planning and grocery list features.

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

Lohith: I'd go for a simple interface, to be honest. Keep it straightforward.

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

Lohith: Not really, as long as it's somewhat accurate.

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

Lohith: By providing education and support, I guess.

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

Lohith: I tend to eat more when I'm with friends or family.

Nithish: 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?

Lohith: Maybe some games or online workshops to make it more engaging.

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

Lohith: Yeah, that could be interesting.

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

Lohith: I usually just estimate or try to make healthier choices.

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

Lohith: Maybe more guidance and educational resources.

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

Lohith: By offering quick and affordable meal ideas, maybe?

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

Lohith: I guess it could become obsessive for some people.

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

Lohith: Absolutely, that could be really handy.

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

Lohith: Maybe by focusing more on balanced and intuitive eating.

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

Lohith: Not really, but I can see how it could happen.

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

Lohith: Yeah, that could be helpful.

Nithish: How do you handle cravings or temptations to overeat?

Lohith: I try to distract myself or find healthier alternatives.

Nithish: How do you prioritize health-related goals in your life?

Lohith: It's important to me, but sometimes I prioritize other things.

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

Lohith: I just try to make the best choices I can and not stress too much about it.

Nithish: What are your main struggles when it comes to managing your diet?

Lohith: Probably just staying consistent and motivated.

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

Lohith: By providing support and accountability.

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

Lohith: I prefer to plan ahead when I can.

Nithish: How do you think a calorie tracking app could promote a balanced approach to nutrition and wellness?

Lohith: By emphasizing the importance of variety and moderation.

Nithish: Are there any specific features or tools you would like to see in a calorie tracking app that would help you achieve your dietary goals?

Lohith: Maybe more personalized recommendations.

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

Lohith: It could be helpful for some people, but maybe not for everyone.

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

Lohith: Yeah, that could be interesting to explore.

Nithish: How do you think a calorie tracking app could help users navigate social situations where food choices may be less healthy?

Lohith: By providing tips for making healthier choices without feeling deprived.

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

Lohith: Yeah, I think it's important to be mindful of that.

Nithish: How do you think a calorie tracking app could support users in making sustainable, long-term changes to their eating habits?

Lohith: By focusing on gradual progress and overall well-being rather than quick fixes.

Nithish: Are there any cultural or social factors that influence your food choices and eating habits?

Lohith: Yeah, definitely. My cultural background and social environment play a big role.

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

Lohith: Absolutely, those are important factors to consider.

Nithish: How do you handle situations where you exceed your calorie target or overindulge in a particular meal or snack?

Lohith: I try not to beat myself up about it and just move on.

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

Lohith: Yeah, I think it's important to know that my information is secure.

Nithish: How do you think a calorie tracking app could better accommodate diverse cultural, dietary, and lifestyle preferences?

Lohith: By offering a wide range of food options and being inclusive in its recommendations.

Nithish: How do you handle situations where you're craving a particular food or indulgence that may not align with your calorie goals?

Lohith: I try to find a healthier alternative or practice moderation.

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

Lohith: Yeah, definitely. The more I know, the better choices I can make.

Nithish: How do you think a calorie tracking app could support users in overcoming common obstacles to maintaining a healthy diet?

Lohith: By offering practical tips and strategies for dealing with those obstacles.

Nithish: What advice would you give to someone who's new to tracking calories and looking to get started?

Lohith: Take it slow and don't be too hard on yourself. It's all about progress, not perfection.

Nithish: 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?

Lohith: Maybe more interactive features to keep me engaged.

Nithish: Finally, what are your overall goals and expectations for a calorie tracking app, and how do you envision it fitting into your daily life?

Lohith: I just want something that's easy to use and helps me make healthier choices without feeling overwhelmed. I think it could be a helpful tool in my journey toward better health.