Interview worksheet

CS3300

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Problem statement:

Who: fitness enthusiasts of all levels are challenged with tracking and optimizing their daily nutrition and workout routine.

What: Most of the fitness tracking apps there currently are on the market are too expensive to maintain, too mundane to use every day, or only track one or the other.

Where: Everything will be tracked online and the apps database via the website, or possibly on their phone as an actual app on the user’s phone since the part of the app will be tracking your workout.

Why: By effectively tracking the workout and daily nutrition, fitness enthusiasts can reach their goal and go even further beyond. Many people who do not track any will lose interest in being consistent in the gym setting since they're not sure where they went wrong.

End users

1. How often do you have a workout?
2. What kind of challenges do you have in monitoring your fitness goals?
3. What specific fitness goals are you trying to achieve?
4. How do you feel about nutrition tracking?
5. Have you tracked your nutrition before? (Not just counting calories, but protein, carbs, and fats)
   1. If they have, “how did you track it before? And if through an app, which one and why did you like it?”
   2. If they stopped using the app or the app, “What was the reason that made you stop?”
6. Are you currently using a fitness app of any kind?
   1. If they are using an app, “which one are you using and why do you like the app?”
   2. If they did before, “what was the reason that made you stop using the app?”
7. Is there a reason why you are not using a fitness app?
8. What kind of features are you looking for in a fitness tracking app?
   1. Why is this feature so important to you?
9. Are you a competitive person?
   1. If the fitness tracking app featured a competition with your peers in the gym, would you feel more motivated to use the app more frequently?
10. How do you feel about getting your daily report of your progress?