

Habit Notes

First Interview:

Male, Senior, Econ

General Information

- Glee Club
- a Cappella

Successful past habit:

- Quitting bad eating habit
 - What he was like before
 - He wouldn't pay attention to his diet regularly. Some nights, he would pass by 7/11 late at night and buy junk food. It was harder for him to control himself if he was drunk.
 - What made him want to change
 - Knowing that him eating healthy would pay off (positive motivation)
 - Trying to avoid the feeling of feeling "like trash" after eating junk food
 - When he changed
 - Last summer he started to change his habits by
 - Tracking calories on his phone (looking for protein and fiber), also mentally
 - Taking before and after pictures
 - He likes to be able to see a change in
 - No accountability partner
 - Why the summer
 - The interviewee doesn't like to be the person to be either super stressful or super relaxed. He looks for a balance
 - He didn't fall into a lethargic slump because he wanted a balance
 - The change to his diet gave him balance by what he felt like and what he looked like
- School Success
 - What he was like before
 - His sophomore spring he did poorly academic because of unestablished habits
 - Process for change
 - He stayed at Cornell the following summer and was able to work on his habits
 - Reminders from his mom helped him, didn't make him feel pestered
- Takeaways

- He motivated himself from reminders
 - Reminders of what he looked like and how it compares to now (before and after pictures)
 - Reminder of how bad he felt when he was eating unhealthy
 - Reminders of the nutrients he was eating from the calorie tracker app he was using (but he also kept track in his head)
 - His mom reminding him didn't make him feel like he was being pestered
- Was most motivated in the summer
 - The lack of work made him want to balance his life to then work on his habits
 - Can't do this as well in the school year because he is busy

Second Interview:

Male, Sophomore, University of Missouri, Geology Major

General information

- Uses computer for many hours every day
- In Geology club (Treasurer)

Habits

- Collecting rocks
 - Doesn't collect rocks with anyone usually
 - Performs habit whenever he's at a place with cool rocks
 - Has always enjoyed this habit
- Going to the multicultural center during his break between classes
 - He likes that it's quiet
 - Goes with his friend occasionally but usually alone
- Considers these good habits
- Does not want to track them
 - Sees no point in tracking these habits
 - Has no consideration whatsoever to track habits
 - Thinks the questions are stupid
 - Interview essentially dies from there

Third Interview:

Female, Sophomore, PAM Major

General information

- Uses phone and computer every day
- In A Capella group, Business club

Habits

- Making chai tea every morning
 - By herself, so she can get energized
 - Good habit
- Filling out planner
 - Likes to plan out her day and set goals
 - Good habit
- Sleeping too little
 - Isn't doing a great job sleeping as much as she needs to this year
 - Bad habit
- Working out
 - Likes to go to the gym and run
 - Good habit
- Use essential oil diffuser
 - Makes her room more relaxed
 - Good habit
- Drinking water
 - Drinks lots of water throughout the day
 - Good habit

Tracking Habits

- Only tracks drinking water
 - She has an app on her phone
 - She doesn't like having to do work every time she performs the habit
 - She doesn't think she tracks her habit well
 - She's trying to reinforce a continuous habit of drinking water
- She considers tracking other habits as well
 - She would like to track her sleep to help her get onto a better sleep schedule

- She would want a planner or app that is low-maintenance (she suggested check marks) that would help her track the number of hours she sleeps per night
- She would track this every day
- She would like to see some graphs that show her sleep schedule

Fourth Interview:

Female, Sophomore, Environmental Science

General Information:

- From Maryland
- Sings a cappella

Habits

- Keeps a “happiness journal”
 - Has an entry every day with the things that made her happy
 - Started around five years ago
 - Motivation: She wished she felt less negative, felt like she was too angsty
 - Learned to appreciate the simple things in every day
 - “My lunch today was really tasty”
 - Learned to not say, “I wish this happened...”
 - If she missed a day she would have to make them up the following day
 - Rarely misses a day, though
 - Likes being able to get a new journal instead of having a really big one that she has for a long time
- 20 push ups/day
 - Goal: be able to do 20 push ups consecutively
 - Now she splits them up in different sets
 - Does them in the morning
 - Rarely makes excuses because of sickness
 - No reward system
 - Not very successful
 - She was kind of embarrassed to talk about it, more so than the “happiness journal”
 - Hasn’t been keeping track of the habit and considered doing tracking her habit once we started to talk about how it hasn’t been successful

Takeaways

- Likes to work on daily habits
- Perhaps the pushups goal wasn’t that successful because she didn’t keep track daily
- The fact that she likes to use smaller journals so that she can buy new journals more frequently could be that she likes to feel the freshness of starting over

Fifth Interview:

Female, Junior, Information Science Major

Hobbies/clubs:

- Women in Computing at Cornell, cooking, baking, play card and video games (Mario Kart) with roommates

How often do you use applications on your phone or computer? How comfortable are you in using applications on your phone or computer?

- Everyday
- Very comfortable

Habit questions: (if answers are too broad we may need to narrow down audience)

1. Do you have any habits? (e.g. consistent sleep, gym, smoking, alcohol, social media, gaming, Netflix, call your parents, caffeine, certain food, swearing, etc.) Feel free to share as many or as few as you like.
 - Habits: in the mornings, meditate using the app Headspace. Gives notifications to meditate (but hasn't been super on top of it)
 - Drink coffee in the morning to start the day. Good habit because wakes her up, buys less coffee at the store
 - Night time – take off makeup and routine to wash face. Trying to get more into skincare and care about that stuff. Double cleanse -> Korean skincare routine
- Right before she goes to bed
- Pretty good about doing it everyday
 - All of the above habits are by herself. Not really habits with other people
 - Trying to do yoga and exercise with friends and make that a habit
 - Sometimes turns on the app Headspace if she's stressed when alone studying or something
 - Doesn't really track habits. Remember if she doesn't do it then she'll track that to remind herself to do it
 - Another habit: sending out list serv on Women in Computing – sets a reminder on phone every other day. Uses the Reminders app. Includes name. Will tell her if it's overdue so she will have to do it.
- Like that Reminders can be preset to notify for the future. "I don't like how I often just ignore the notification and then it doesn't really pop up again after. If I press ignore, it won't reappear until the next time but then it will be too late unless I specifically press 'Notify an hour'"
- Only options are notify in 5 minutes, 1 hour, 3 hours – sometimes needs a very specific time
- She considers herself successful in keeping track of habit

- Relies on the notifications, doesn't go to the app specifically bc it's usually too late
- Would want to track yoga because she's been feeling really tense in her body and wants to improve strength and flexibility. Different stages of yoga
- Would want to track I can do this version of downward dog, see if it gets better next time
- Track consistency, the days I went, the time I went so know what classes she likes
- Achieve a healthier lifestyle by doing this habit
- Tracking habits -> writing things down. Often writes down things on post-it notes and keeps it on her computer of weekly assignments so it's easy to look at. Post it note is just there and she doesn't have to open the app
- Also uses Google Calendar
- Name of the reminder, the time and date of the reminder
- Maybe a last completed. Last time completed the task if it's a repeating task
- A little photo of the thing. Autofills like Google Calendar automatically puts pic of salad for lunch or rock climbing for lunch
- Color coordination
- Probably nothing uncomfortable entering in this app since the app is just for herself
- Maybe would want to track "Meal prep"
- Trying to make all her food on the weekends and eat leftovers throughout the week but sometimes making the same thing over and over. It would be cool to track week to week what I made and what ingredients I have left over to make something new out of leftover ingredients