

* Four interviewees; one domain expert & one extreme user

* 30-60 mins per interview

1. Background
 - a. How are you? – name, age, gender
 - b. What is your current employment status? Employed full-time, retired, student
 - c. Who lives in your household with you?
 - d. Are you responsible for caring for anyone else like children, spouse, aging parent)?
 - e. In general, how would you describe your overall health? (e.g., excellent, good, fair, poor)
 - f. Do you have any chronic conditions (e.g., diabetes, high blood pressure, asthma) that require daily management?
 - g. Can you walk me through a typical weekday morning and evening routine? What are the non-negotiable parts of your day?
 - h. How comfortable are you typically with using new technology or smartphone apps?
2. Ask about their daily routines or how they structure their day to see where complexity arises and what they wish were easier
 - a. Are there parts of your day that feel rushed, chaotic, or easy to forget things?
 - b. Are there any routines you try to stick to for your health or wellbeing? (e.g. exercise, hydration, sleep, medications, etc.)
 - c. What helps you stay on track with your daily responsibilities? What tends to throw you off?
 - d. What is something you wish you didn't have to think about everyday?
 - e. If you could have a personal assistant for one part of your daily life what would it be?
3. Current tools they use/general attitude towards AI voice assistants?
 - a. If any tools do you use to help you remember important tasks? Like reminders or alarms or sticky notes?
 - b. Are there times when you wished someone could walk you through a series of steps?
 - c. Do you use any voice assistants (e.g. Alexa, Siri, Google Assistant)? What for, and how often?
 - d. Can you describe a time when a voice assistant was genuinely helpful?
 - e. Have you ever felt frustrated using a voice assistant? What happened?
4. Medication or health
 - a. Do you take any medications, vitamins, or supplements? If so, how do you manage them?
 - b. What tools or habits (e.g., pillboxes, alarms, calendars) do you currently use to manage your medications? Which of these feels like the biggest hassle or chore?
 - c. How do you know if you've taken your meds or not? What do you do when you're unsure?