**Alexa Happy Path Conversations**

**Happy Path - Meditation Sounds**

Person:

Alexa, open inTENt.

Alexa:

Good morning! Welcome to inTENt! I can help you get started with a quick 10-minute workout or unwind with 10 minutes of meditation. Which will it be?

Person:

Meditation.

Alexa:

Great! Before we begin the session, what is your name?

Person:

My name is John.

Alexa:

Hi John, lovely to meet you. You can choose to follow a 10 minute guided breathing session or listen to relaxing sounds for 10 minutes. Which would you prefer?

Person:

I would like to listen to relaxing sounds.

Alexa:

Okey-dokey! I can play many different sounds. You can say things like rain, birds, thunder or random. If you choose random, I will pick a sound for you. What would you like to hear?

Person:

Rain

Alexa:

Great choice!

\*\*play rain sounds for 10 minutes\*\*

Alexa:

Your 10-minute meditation session has ended. Thank you for using inTENt. I hope you have a wonderful day!

**Happy Path - Guided Breathing**

Person:

Alexa, open inTENt.

Alexa:

Good morning! Welcome to inTENt! I can help you get started with a quick 10-minute workout or unwind with 10 minutes of meditation. Which will it be?

Person:

Meditation.

Alexa:

Great! Before we begin the session, what is your name?

Person:

My name is John.

Alexa:

Hi John, lovely to meet you. You can choose to follow a 10 minute guided breathing session or listen to relaxing sounds for 10 minutes. Which would you prefer?

Person:

Guided breathing.

Alexa:

Okey-dokey! Make sure you are in a comfortable position and we will begin.

\*\*play guided breathing sound for 10 minutes\*\*

Alexa:

Your 10-minute meditation session has ended.Would you like to set up daily reminders to meditate?

Person:

Yes.

Alexa:

What time of day would you like to be reminded at?

Person:

9 o’clock in the morning.

Alexa:

Sure thing, I have set a reminder for you to meditate at 9 o’clock in the morning each day. Thank you for using inTENt. Remember to <meditation tip>. I hope you have a wonderful day!

**Happy Path - Workout**

Person:

Alexa, open inTENt.

Alexa:

Good morning! Welcome to inTENt! I can help you get started with a quick 10-minute workout or unwind with 10 minutes of meditation. Which will it be?

Person:

Workout.

Alexa:

Great! Before we begin the workout session, what is your name?

Person:

My name is John.

Alexa:

Hi John, lovely to meet you.Which body area would you like to workout? You can choose from upper body, lower body, or full body workouts.

Person:

Full body.

Alexa:

Fantastic choice! For a full body workout, you can choose the level of intensity. This can either be light, moderate or vigorous. Which intensity level would you like?

Person:

Light.

Alexa:

Sure thing! Let's get started with a light workout. If you would prefer to turn the background music off, you can do this through the settings section on the Alexa app.

\*\*Start a 10 minute workout - either a pre-recorded sound or Alexa will walk users though each exercise, explaining how to perform the exercise and the duration of each move.\*\*

Alexa:

Your 10-minute workout session has ended.Would you like to set up daily reminders to workout?

Person:

Yes.

Alexa:

What time of day would you like to be reminded at?

Person:

9 o’clock in the morning.

Alexa:

Sure thing, I have set a reminder for you to workout at 9 o’clock in the morning each day. Thank you for using inTENt. Remember to <exercise tip>. I hope you have a wonderful day!