1. Where does your project currently stand?

I am currently finishing up level 2 goals.

2. What is your plan for completing the project by the deadline?

I plan to work daily for an hour or two throughout the week and should hopefully have the project finished before the deadline  
  
3. Interview Questions:

* How do you currently track your daily movement and health activities (e.g., sleep, walks, runs, diet, water intake)?
* What challenges do you face in maintaining consistency with tracking these activities?
* What features would you find most valuable in a goal tracking and journaling application for movement and health?
* How important is data visualization (e.g., charts, graphs) for understanding your progress?
* Do you set specific health or movement goals? If so, how do you set and monitor them?
* How do you stay motivated to achieve your health and movement goals?
* What kind of reminders or notifications would help you in tracking your activities?
* How do you prefer to input your data (e.g., manual entry, voice input, photo logging)?
* Have you used any other health or movement tracking apps? What did you like or dislike about them?
* What would make you continue using a movement and health tracking app over time?

**Participant 1: Jackey, 24**

1. **Current Tracking Methods:** "I use my smartphone's built-in Health app to track steps and sleep. For meals, I manually log what I eat in a separate diet app. Occasionally, I jot down my workouts in a physical journal."
2. **Challenges:** "It's frustrating to switch between multiple apps to get a complete picture of my health. I often forget to log my meals consistently, and sometimes the data feels too overwhelming without clear insights."
3. **Valuable Features:** "An integrated platform that combines movement, diet, and sleep tracking would be ideal. I’d also love a simple, intuitive interface with reminders to log activities."
4. **Data Visualization Importance:** "Data visualization is very important to me. I like seeing trends and progress in easy-to-understand graphs rather than just numbers."
5. **Goal Setting:** "I set weekly goals for steps and water intake. I monitor them through app notifications and progress bars that show how close I am to reaching my targets."
6. **Motivation:** "Achieving small milestones keeps me motivated. I also find visual progress indicators, like charts and badges, really encouraging."
7. **Reminders and Notifications:** "Gentle push notifications to log activities would be helpful. Weekly summary emails that recap my progress would also be great."
8. **Data Input Preferences:** "I prefer manual entry for meals since it allows me to be specific. However, I like auto-syncing from my wearable device for steps and sleep to reduce effort."
9. **Experience with Other Apps:** "I like Apple Health because it integrates well with my iPhone and Apple Watch. However, diet apps often feel too detailed and time-consuming to use consistently."
10. **Retention Factors:** "Ease of use and seamless integration with my devices are crucial. I’d continue using an app that provides meaningful insights and helps me track my progress effectively."

**Participant 2: Sai, 25**

1. **Current Tracking Methods:** "I use a fitness tracker to monitor my steps, runs, and sleep. For my diet, I log everything in a spreadsheet. I also use a mood tracking app sporadically."
2. **Challenges:** "The main issue is data fragmentation across different tools. I find it time-consuming to input detailed data daily, and it's hard to correlate my diet with my physical activity."
3. **Valuable Features:** "A centralized dashboard that brings all my health metrics together would be fantastic. Quick and easy data entry methods, possibly with some automation, would also be valuable."
4. **Data Visualization Importance:** "Data visualization is important for me to understand the relationships between different activities. I prefer customizable charts that I can adjust based on what I want to see."
5. **Goal Setting:** "I set monthly goals for running distances and calorie intake. I track my progress through charts and receive notifications when I’m close to meeting or missing my goals."
6. **Motivation:** "Participating in competitive challenges with friends keeps me motivated. Additionally, earning progress badges and achievements is a nice incentive."
7. **Reminders and Notifications:** "Reminders to input diet data would be helpful. Also, notifications when I’m nearing or falling short of my goals would keep me on track."
8. **Data Input Preferences:** "I prefer auto-syncing data from my fitness tracker to minimize manual input. For things like diet, I’d appreciate options like voice input for quicker logging."
9. **Experience with Other Apps:** "I appreciate fitness trackers for their accuracy, but I dislike apps that have intrusive ads or are slow to respond. Performance and a clean interface are important to me."
10. **Retention Factors:** "High customization options and community features for accountability are key. If an app allows me to tailor, it to my specific needs and connect with others, I’m more likely to keep using it."

**Key Findings:**

1. **Integrated Platform Needs:** Both participants expressed frustration with having to use multiple apps to track different aspects of their health and movement. An integrated platform that consolidates all tracking needs into one interface is highly desirable.
2. **Ease of Use:** A simple and intuitive user interface is crucial. Overly complicated or cluttered interfaces can lead to decreased usage and inconsistent tracking.
3. **Effective Data Visualization:** Clear and meaningful visual representations of data help users understand their progress and identify trends. Participants prefer graphs and charts over raw numerical data.
4. **Goal Setting and Monitoring:** Users actively set specific, measurable goals and require tools within the app to easily set, monitor, and adjust these goals. Visual progress indicators like progress bars and badges enhance motivation.
5. **Motivation Through Progress Indicators:** Visual milestones, progress bars, badges, and achievements are effective in keeping users motivated and engaged with the app.
6. **Minimal Manual Entry:** Users prefer automatic data collection where possible. For necessary manual entries, options like voice input or quick entry forms are appreciated to reduce effort.