**Interview 1**

**How old are you?**

I am 24 years old.

**Did you ever use any mobile device to track physical exercise? If yes, what kind of device(Fitness tracker, Heartbeat sensor, …) did you use and what kind of activity did you track?**

No I did not, because I have privacy concerns and don’t want to give away my health data.

**When did you start boxing?**

Around 1 year ago.

**Are you a beginner/intermediate/advanced boxer?**

I think in terms of technique I’m at an intermediate level, but I never did any sparring with other boxers. I’m only taking private classes with my trainer.

**Would you be interested in tracking your boxing training? Why (yes or no)?**

Again, I have privacy concerns and don’t want to give away my data. But besides that, I would generally be interested to see if I’m improving over time.

**What kind of data in your boxing training would you be interested in? Why?**

A way of tracking my technique would be interesting, because I want to avoid mistakes and injuries. There are so many things you have to pay attention to at the same time, and tracking my technique could also help focusing on single aspects that I want to improve on. I would be interested in seeing how my speed and stamina is improving as these things are to some extent connected to technique.

**Would you be interested in an application that analyzes your punches for common mistakes during boxing training? Why (yes or no)?**

As I already said, yes. Especially if I wanted to train with friends and without trainer.

**So for example an application that alerts you, when you’re dropping your hand after a punch?**

Yes, when I do this with my trainer, he punches my forehead lightly to remind me of keeping my hands up.

**Interview 2**

**How old are you?**

I am 27 years old.

**Did you ever use any mobile device to track physical exercise? If yes, what kind of device(Fitness tracker, Heartbeat sensor, …) did you use and what kind of activity did you track?**

No, I only have my own training plans and schedules. I don’t have a fitness tracker, because I don’t have enough money for a good one.

**When did you start boxing?**

I started boxing 8 years ago.

**Are you a beginner/intermediate/advanced boxer?**

Definitely advanced, as I’m a coach myself.

**Would you be interested in tracking your boxing training? Why (yes or no)?**

Yes, to look at my performance. It would probably help as well in coaching my clients.

**What kind of data in your boxing training would you be interested in? Why?**

In my punching performance over many rounds, the speed of punches and to see improvements and progress over time.

**Would you be interested in an application that analyzes your punches for common mistakes during boxing training? Why (yes or no)?**

Yes, I’m often analyzing my technique with video recordings, this could be a useful addition.

But for beginners it’s probably not as useful, because there are so many things they need to pay attention to at the same time. It’s difficult for them to focus on one thing only, they tend to commit other mistakes and are not able to correct these issues themselves.

I’m also concerned that an app would not be precise enough to differentiate between different mistakes.

**Interview 3**

**How old are you?**

I am 22 years old.

**Did you ever use any mobile device to track physical exercise? If yes, what kind of device(Fitness tracker, Heartbeat sensor, …) did you use and what kind of activity did you track?**

Yes

Xiaomi band & Apple watch

+ Common tools like: heart rate + step count + distance calculator + average speed

**When did you start boxing?**

Less than 3 months

**Are you a beginner/intermediate/advanced boxer?**

Beginner

**Would you be interested in tracking your boxing training? Why (yes or no)?**

Is it possible ? Ofc yes, but I have never heard about tracking boxing training in any market product.

I would like to count how many punches I did and how many calories I burned in the practicing.

**What kind of data in your boxing training would you be interested in? Why?**

As I said above and it would be nice if it shows how fast my punches

**Would you be interested in an application that analyzes your punches for common mistakes during boxing training? Why (yes or no)?**

Of course, I want to track whether my technical is correct or not. It would be nice if it shows how many percent I do correctly and incorrectly and give me some advices as a trainer to change my practice

**So for example an application that alerts you, when you’re dropping your hand after a punch?**

Because I just learn boxing via youtube for exercise by myself, not any course, I don’t know how many common issues are. It would be nice if the application shows total common issues in boxing or something like this and shows the user how to fix. The feature above is impressive too

**Added/changed Requirements based on User Research**

Interview 1

*Privacy concerns* -> provide a possibility to store data only locally

*Punching speed* -> show calculated punching speeds in visualization

*Stamina* -> show heart rate during training in visualization

Interview 2

*Performance in different rounds of a training session* -> possibility to record single rounds with a timer, performance differences in visualization

*(Speed)*

*(Stamina)*

Interview 3

*(Speed)*

**Aspects mentioned but not added**

*List of common issues & how to fix them* -> The coach in Interview 2 stated that beginners are often not able to correct mistakes just by themselves. If they do, other problems tend to arise. This way, more problems are created than solved.

* **This also means that the main focus should shift to displaying performance data, although there was interest in technique analysis in every person we interviewed**