AI Chatbots Report

“get ready, be ready”

Verfasser:	Lorenz Hausheer
	Simon Brunner
	Noah Bodenmüller
Referent:	Prof. Dr. Siegfried Handschuh
Modul:	AI Chatbots

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1. Abstract

In this project, we focused on developing artificial intelligence-powered chatbots using the Voiceflow software. We wanted to create personalised fitness and nutrition plans that would meet the specific needs of the users. Our project started by conducting interviews to gather insights and feedback to create the user personas. The data collected from these interviews was primarily used as the basis for the questions which the chatbots would ask the users.

We developed two chatbots, one for personalised workout plans and another for tailored nutrition plans. These chatbots were prototyped using Voiceflow in combination with the capabilities of ChatGPT 3.5 to access data and generate personalised recommendations based on user responses. Although we encountered some initial challenges, such as the chatbots difficulty in remembering certain user information or not understanding our prompt perfectly, we successfully overcame these issues after much testing and adaptation.

The end results are two effective prototypes of AI chatbots that provide personalised fitness and nutrition solutions by using the capabilities of ChatGPT 3.5 to address the unique needs of users. The project methodology included user research, persona refinement and a systematic approach to chatbot design and testing.

2. Introduction

Given our shared interest in an active and healthy lifestyle, it was a natural choice to develop our AI chatbot in the area of fitness and health. When we started our fitness journey a few years ago, it quickly became clear how important a structured training plan is for effective progress. But training alone isn't enough; proper nutrition is also essential to achieve steady progress. That's why we decided to develop not only one, but two chatbots: one for personalised workout plans and another for tailored nutritional advice. The combination of these bots aims to help users achieve their health goals efficiently and quickly.

To understand the specific needs and preferences of potential users, we put a lot of emphasis on user research, starting with face-to-face interviews. Our ultimate goal was to

create a functional chatbot using the Voiceflow software. The advantage of this platform is that it allows us to build an AI chatbot without requiring deep programming skills. This was important to us because we wanted to have a working prototype at the end of the project, rather than just theories.

3. Process and Methodology

First, we developed rough personas to guide the selection of our interview participants. These personas were based on our prior knowledge of fitness and nutrition, supplemented by brief online research. However, this was only a first step to ensure that we weren't approaching completely irrelevant candidates. We then designed a questionnaire with mainly open-ended questions. The aim was to understand the expected functionality and preferred user interface designs. Our goal was to determine the need for certain features and to identify the elements that were critical for the users satisfaction. After identifying suitable interviewees, we conducted our interviews using this questionnaire. Following the interviews, we consolidated and analysed the data collected, which led us to interpret our findings. These insights then enabled us to refine and enhance our initial personas, making them more accurate and detailed based on the feedback from our interviews. Based on the insights we gained out of the interviews and our refined personas we thought of all the necessary and most important questions which our two health chatbots have to include. We then structured these chatbots questions on a sketch board and put them into a logic order. In a next step we startet prototyping our chatbot in the software Voiceflow which we talk about more later on. Voiceflow made it possible to start with a prototype, while being able to constantly improve and test the chatbot. This part took us the longest and was a lot of trial and error until we were satisfied with the result and both chatbots worked fluently.

4. Stakeholder Interviews

4.1 Feedback from the Chatbot Interviews

After completing our interview questionnaire about a fitness and nutrition plan chatbot, we asked three friends who fit our personas if we could do a short interview with them. We ended up talking to Nicolas, Levin and Janina about their thoughts on our fitness and nutrition chatbot. Here is what we found out:

4.2 General Preferences

All three would be willing to spend some time, between 5 and 15 minutes, answering questions for a personalised plan. They like the idea of open-ended questions because they feel they can give more detailed answers. But they also think it's important that the chatbot really understands what they're saying. Someone also mentioned that multiple choice questions or open-ended questions with examples would be helpful.

4.3 Regarding the Fitness Chatbot

Everyone has different fitness goals. Some want to get in better shape or lose weight, others want to improve their sport. They have different ideas about where they want to exercise. Some want to exercise at home, others want to go to a gym. One thing they all agree on is that they want to be in control. They want to say how long and how often they want to exercise.

4.4 For the Nutrition Chatbot

They also have different nutritional goals. Some want to eat healthier, some want to perform better in sports, and some want to get the right nutrients without using supplements. They all think it's a good idea to tell the chatbot about foods they don't like. They also think it's important to share important health information, such as allergies. And the chatbot should know about their dietary choices, whether they're vegan, vegetarian or eat meat.

4.5 Other Considerations

Everyone thinks it's important for the chatbot to be up to date. They want the chatbot to know the latest news in health and fitness. They would be willing to pay a bit, between CHF 10 and CHF 30 a month, if the chatbot does its job well. But they question whether a chatbot can be as good as a real person, such as a trainer or nutritionist. It's also important to them that the chatbot is easy to use.

4.6 What this means for our Fitness Chatbot

Our chatbot should provide exercise plans that are tailored to the user's specific needs. The exercises should either be able to be done at home or in a gym. It should allow users to

choose how long and how often they want to exercise. It should also be able to adapt the level of the exercises to the user's fitness level. We also need to show that our chatbot is helpful and easy to use.

4.7 What this means for our Nutrition Chatbot

The chatbot needs to provide tailored meal plans and recipes, taking into account dislikes, allergies and specific dietary lifestyles. It should also take into account the user's daily activity levels and nutritional goals. It is important that the chatbot is easy to use and that the questions, which can have many different answers, such as those about allergies or dislikes, are open-ended so that the user can give any possible answer.

5. User Personas

After we had conducted three interviews with suitable people, we were able to refine and adapt our rough personas based on the collected information of the interviews. This is how we ended up with our three final, detailed personas, which we needed for the further steps of the chatbot design.

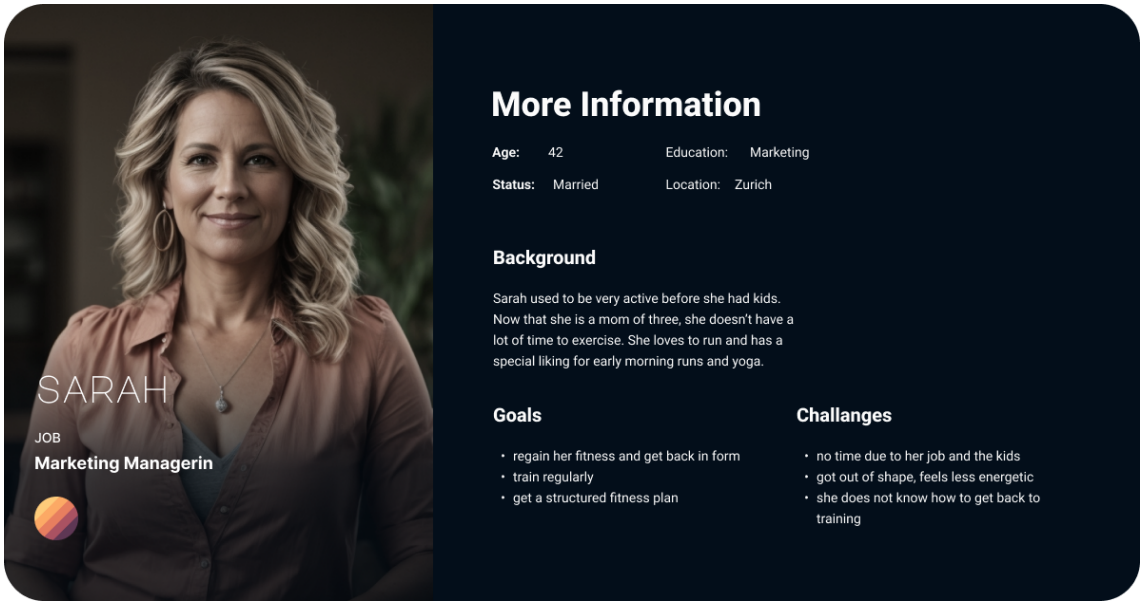


Abbildung 1: Persona - Sarah

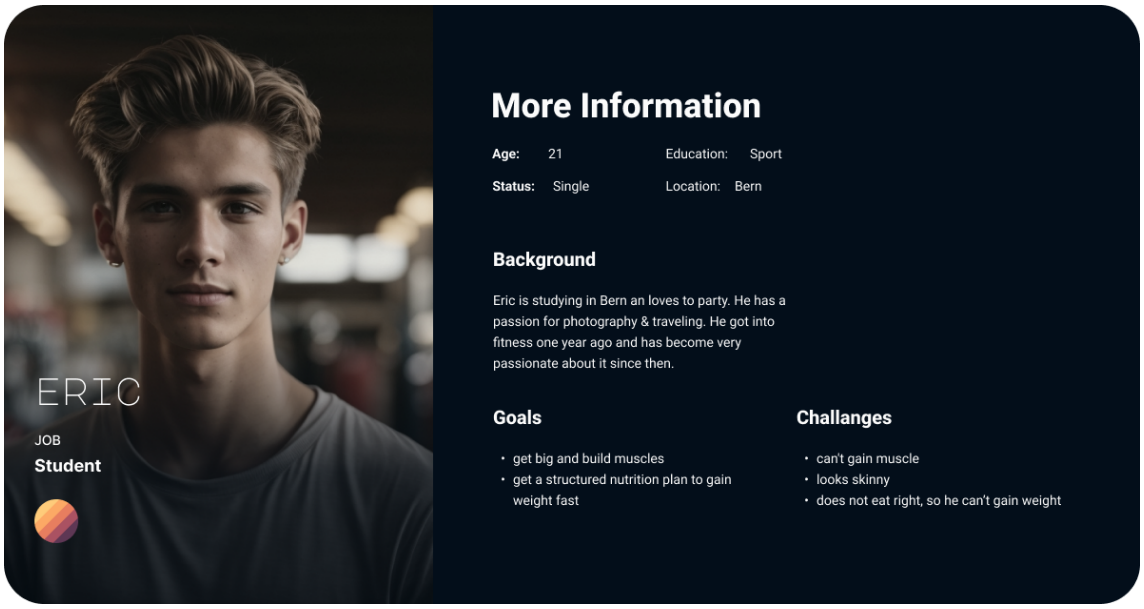


Abbildung 2: Persona - Eric

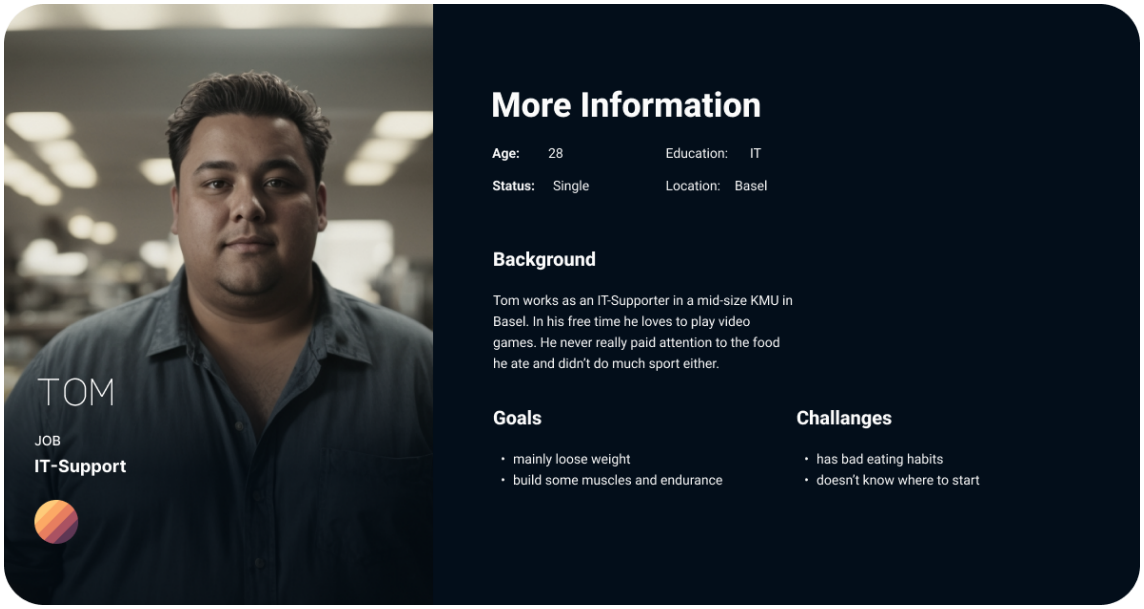


Abbildung 3: Persona - Tom

6. Prototyping and Testing

With the information gathered through the interviews and the refined personas, we started to develop the chatbot questions. As shown in the following figure, we started by gathering our interview insights and grouping them into technical, fitness and nutrition related insights. On the right side of the figure we then came up with suitable questions. To keep the process of answering the chatbot short, we defined six questions for each chatbot, fitness and nutrition. We later had to change it to five questions only, because of a problem with the memory function. This is explained later in the paper.

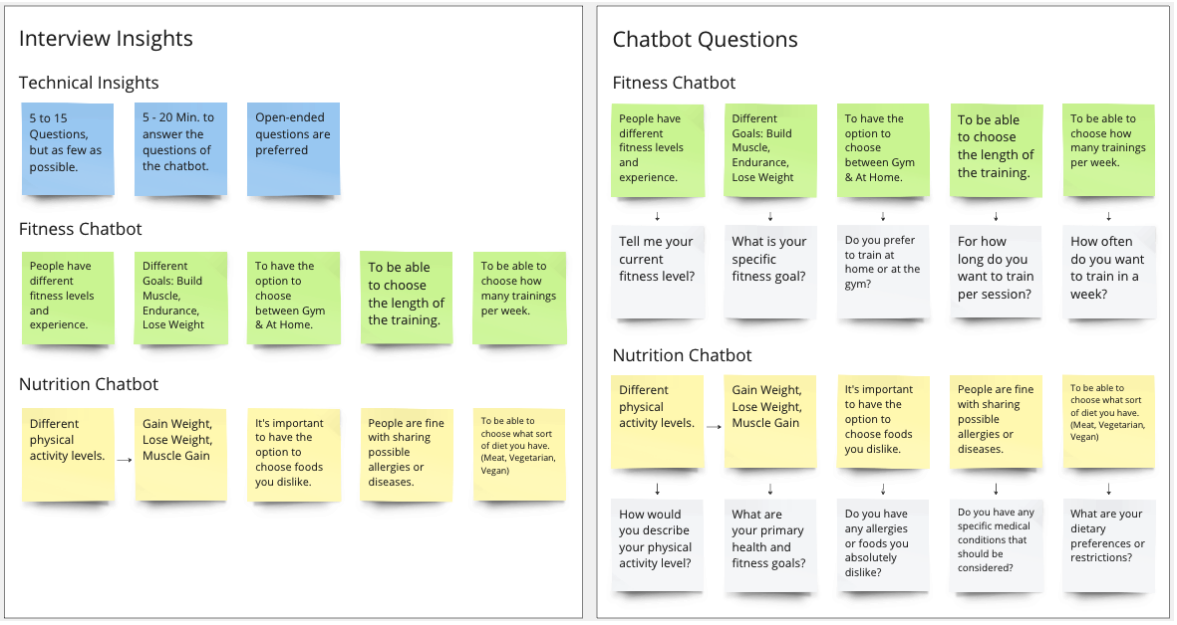


Abbildung 4: Interview Insights

As illustrated in the following figure, we then structured the questions and put them into a logical order. With the first questions, the user gets asked if he wants to create a fitness or nutrition plan. Afterwards, he gets sent down the route of either one and gets asked the five questions to create his personal plan.

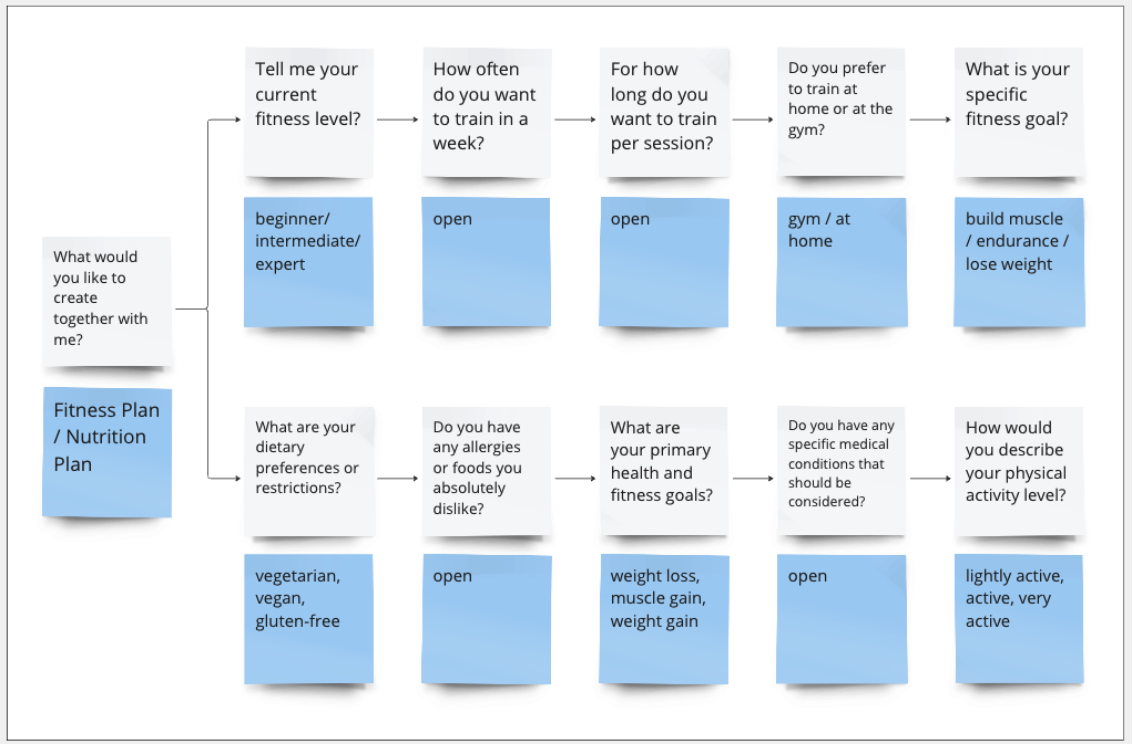


Abbildung 5: Chatbot Flow

At this point we changed our work environment to a platform called Voiceflow. This software allows the user to design and test chatbots very intuitively. We transferred the previously made flow diagram of our chatbot into Voiceflow. Because Voiceflow not only allows the user to create a flow of the chatbot conversation but also to test the chatbot in a real chat format, we were able to test and optimise our design continuously. To have this function was very beneficial for us, as it allowed us to really put ourselves in the position of the end user.

The goal for our chatbot was to create an intuitive and entertaining experience. The user shouldn't have to spend a lot of time answering questions but still get a high quality result that is based on his personal goals. When we think about actually implementing this chatbot, we see it accessible via a website. Voiceflow allowed us to replicate this idea because you can slip into the role of the user and actually use and test your designed chatbot with an integrated chat window.

7. Voiceflow and ChatGPT

The Voiceflow platform allowed us not only to build a functional Chabot, but also to add artificial intelligence. This meant that the tailored plan that it had to create is not based on copywriting or intentions, it is based on the prompt we would give to the AI Chabot. The program allows us to use AI because it is connected to the API of ChatGPT 3.5. This means the generated plan is created by ChatGPT with the information it got from the user replies. The Chabot would gather all the answers of the asked question and then create a plan exactly how we wanted it based on our given prompt. This allowed us to ensure that the personalised plan is really tailored to the user's information and is always individual.

The big advantage of using ChatGPT 3.5 was, of course, the huge amount of data that our Chabot now had access to. Normally, for every question a user might ask, we would have to create a specific answer in the bot, called an intent. For some bots, like fitness bots, this might be possible because we could only focus on a certain set of exercises for the most common fitness goals and body types. But when we think about a nutrition bot, it gets tricky. Imagine all the different foods and recipes that people like. Some might want low

carb, others high protein and some might have certain allergies or medical conditions. If we tried to add every single recipe idea ourselves, it would be a lot of work and we might not be able to cover everything.

8. The Memory Function

While building the AI-Chatbot on the voiceflow platform, we realised early on that the AI-Chabot was not really able to remember the user's replies. We tried everything from changing the prompt which we gave to the ChatGPT Model several times to changing the answer options from closed to open-ended questions, but nothing worked. We thought maybe we had too many questions, so we shortened them to just three and tried again, but it did not work any better. The strange thing was that sometimes the AI-Chabot would somehow remember some of the user's input but it wasn't consistent at all and every second time the personalised plan was missing some important information like the user's fitness level or goals.

After a lot of trial and error, we stumbled across a YouTube video that explained how to manually build a memory function in Voiceflow so that the AI-Chabot would get all the answers and be able to produce a tailored plan. So we tried to implement the information from the video, which sounded easier than it was. We had to create a special component to store the data, which we named "memory". Then we had to create a function that would save the data and add it to the component after each question. So after all five questions, the "memory" component would have all the information from the user's answer stored and the AI-Chatbot could process this data. Therefore we had to build another function which captured the users last reply. In Voiceflow this is called a “listen function” because the Chatbot listens to the user's replies. Our listening function is set to capture the user's last utterance which means to listen to the latest response before moving on to the next question.

To make that work we had to change some of the questions from multiple choice & closed ended to open ended questions because the “listening function” would only work for them. For example the question whether you prefer going to the gym or working out at home had to be changed to an open ended question. This wasn't a problem for us because our

interviews revealed that our target audience mostly prefers open ended questions in the case of a fitness and nutrition Chabot and it meant that the Chabot could even generate a more custom tailored plan. To make the user's life a bit easier though we defined some example answers for some of the open ended questions. He doesn't have to choose from those, but has some guidance.

So summarised, the Chabot captures the user's replies with the "listening function", then adds this data to the empty components called "memory" with the custom built "add to memory" function. It was important that the data was not added to the component in the same block as the user's reply was captured. It had to be added in the next connected block of the chabots flow. We had to figure that out through testing and some try and error but we eventually made it work.

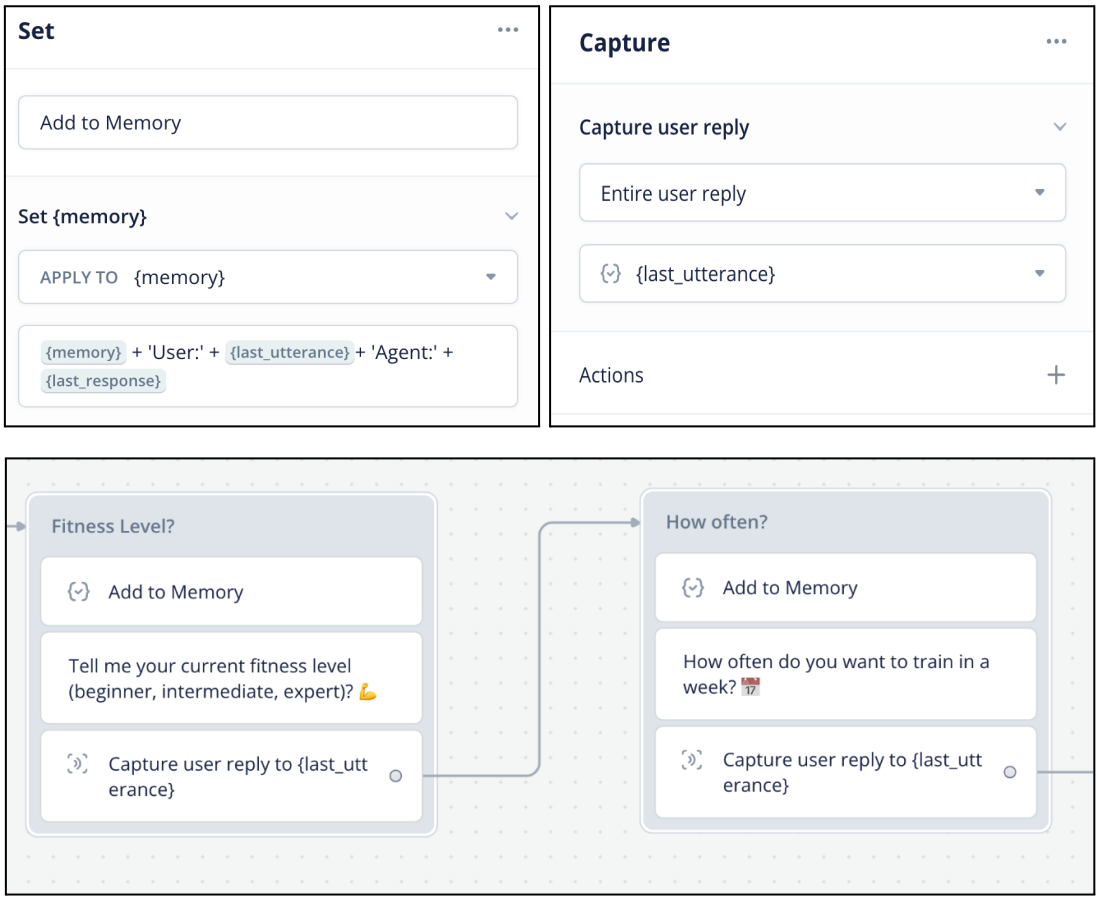


Abbildung 6: Memory Function

Later after some more testing we realised that the reply to the last question was never taken into account of the AI-Chatbots generated plan. First we thought the problem might be a

mistake of our memory function or the prompt which we gave to the ChatGPT Model. So we tried to play around with our prompt and changed it up quite often which unfortunately did not solve our problem. We could not find any solution to make it work and began to research more about the amount of possible questions the AI-Chabot could memorise with that custom function. We acutely could not find a satisfying answer in the youtube video or anywhere else because our function was not really that common. But just from testing we discovered that the chatbot wasn't able to memorise more than five questions, so we shortened it from six to only five questions which wasn't that big of a deal because one of the six questions wasn't really that important for our tailored fitness plan. That's the reason why both of our final AI-Chatbots now have five questions each.

9. The ChatGPT prompt

As we have already explained, our AI-Chatbot is connected to the ChatGPT API and is therefore based on the ChatGPT 3.5 model. Because of that we had to create a prompt which we would give the ChatGPT model so it could create the perfect custom fitness or nutrition plan. The prompt should explain to ChatGPT how to use the data from the users replies as well as how the perfect plan should be structured. The first part of the prompt was explaining to ChatGPT how to properly use the memory component. Therefore we created the following section of our prompt, which was likely the most important one:

> "answer the users question briefly: {last_utterance}
>
> Use the transcript of the conversation is included here to help answer the question do not mention the transcript: {memory}
>
> If there is no transcript, then just answer the users question directly"

This means that the Chatbot should answer the user's replies based on the transcript of the conversation which is stored in the memory component. This worked perfectly fine and the ChatGPT model always considers all the information which the user has provided to create the custom plan. We used this first part of the prompt on both the fitness as well as the nutrition chatbot. The next section of the prompt was the instruction on how to structure

and create the perfect individual plan. This part was obviously completely different for both AI-Chatbots and we created two individual prompts. To make our prompt absolutely perfect we use a ChatGPT 4 Plugin called “PromptPerfect”. Therefore we added our already pretty good prompt to the “PromptPerfect” tool to make it even better working for the ChatGPT artificial intelligence model.

9.1 Style and Tone

In the prompt settings for our chosen AI model (ChatGPT 3.5 Turbo) in Voiceflow, we were able to set a style for our chatbot. This was made possible by setting the temperature for the AI model. We set the temperature to zero to make the response less random and more deterministic, which should result in a more realistic response based entirely on the user's responses. We also tried different temperatures, but setting it to zero worked best for our two health chatbots. In the prompt settings we were also able to set the maximum amount of tokens, which affects the length of the chatbots' responses. A token is four characters in English. We set this to a maximum of 2000 tokens, which means the chatbot can generate a response of 8000 characters. We did this because it was important that our chatbot was not limited to a small number of characters and should be able to generate all the different tailored health plans based on the user's information. For example, if the user only wants to exercise twice a week, the fitness plan will be much shorter than if they want to exercise 6 times a week. Obviously it was important to be able to do both, so we've set it to the maximum possible length.

We also gave the system a role so that the ChatGPT model would know a bit better how to respond. We simply wrote that it had the role of Fitness Coach, which worked perfectly, and together with our detailed prompt we got the response we were looking for.

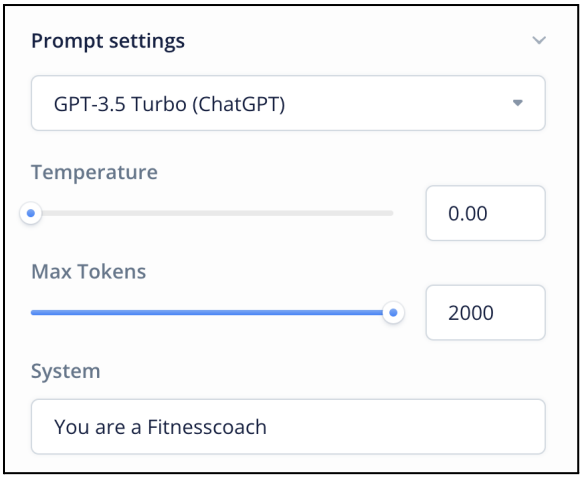


Abbildung 7: Style and Tone

9.2 Fitness Chatbot Prompt

First we gave ChatGPT the instruction to write down the gathered information from the conversation as follows. Starting with gathering and listing all the users information which includes his fitness level, his training frequency, duration and location as well as his fitness goal. Then we told ChatGPT based on the gathered information above, to create a comprehensive and tailored weekly fitness plan. We gave ChatGPT an example on how the plan should look like without the users information included.

> "Your Tailored Weekly Fitness Plan:
> Monday: (or whichever day they start)
> Warm-up: [Suggested warm-up exercises based on fitness level and goal]
> Main Workout: [Exercise suggestions tailored to the answers]
> Cool Down: [Suggested cool-down exercises]
> ... [Continue for the entire week based on the training frequency, ensuring rest days are incorporated]"

We then added a note to the prompt to ensure that each exercise, set and number of reps is consistent with the individual's answers to the five questions. It should also adjust the intensity, type of exercise and rest periods to suit their specific needs and goals, and include rest days based on the frequency of training. We also told ChatGPT to use suitable emojis in the generated fitness plan to make it visually more appealing.

9.3 Nutrition Chatbot Prompt

With the nutrition prompt we began as well by telling ChatGPT to gather all the data from the conversation with the user. We also told it not to mention the gathered data in the message. The actual nutrition plan itself should start by a very brief summary of the user's inputs. After that we instructed ChatGPT to create a week-long nutrition plan based on the data collected throughout the conversation. Additionally it should list the amount of proteins, fat, carbs and calories per day. Now that the language model knows the demanded content of the answer it should give, we had to tell it the form in which it should be displayed. That we did as follows:

> "Nutrition Plan for a Week
> Day 1:
> Breakfast: [Based on answers]
> Lunch: [Based on answers]
> Dinner: [Based on answers]
> Snacks: [Based on answers]
> Daily Nutrients ≈
> Day 2: ... [Continue similarly for the entire week until Day 7]"

To wrap it up we made an additional note with the reminder to tailor the portions and ingredients to the inputs of the user and to use emojis to display the answer in a more playful way.

Link to our functional chatbot:

https://creator.voiceflow.com/prototype/651ae4ccca62d1713ca08311

The full chatbot flow is shown in the appendix.

11. Conclusion

Our motivation for this project was to build a design for a chatbot that provides personalised fitness and nutrition plans. In the form of user interviews we were able to collect and analyse user's needs for such a chatbot. Out of our analysis we constructed a sequence of questions that ask for the necessary user information for the personalised plan.

Because of our lack of coding skills and our motivation to build a working prototype we took advantage of a no-code software. Voiceflow proved to be a strong tool for us and offered a practical, user-friendly platform for creating and testing chatbots. In our opinion the tool is good for prototyping and receiving a first impression on how the chatbot could look. However, the problem with the memory limitation showed a weakness of the tool, especially when it comes to longer conversations with more questions. Despite its limitations, it was a very suitable tool for us, as it allowed us to build and test a working prototype based on our own design without any coding skills needed. Our result is not perfect, but in our opinion a good starting point for a hypothetical integration on a code basis. We were able to build something that we as sports and fitness interested people would use ourselves and would be keen to improve further on. In the end we believe that with just a few questions, a detailed prompt and the help of AI, we have managed to create a pretty good chatbot that provides a fully functional and personalised fitness or nutrition plan, that helps users to achieve their health goals more likely than if they did not follow a prescribed plan.

12. Appendix

Interview Leitfaden AI-Chatbots:

Einleitung:
Danke, dass Sie sich die Zeit nehmen, an diesem kurzen Interview teilzunehmen. Unsere Fragen zielen darauf ab, Ihre Meinung und Bedürfnisse in Bezug auf personalisierte Fitness- und Ernährungspläne durch AI-Chatbots zu verstehen.

Nicolas: 24 Jahre, Student, kulinarischer Liebhaber und Geniesser
Levin: 20 Jahre, Passerelle, halb-professioneller Fussballspieler
Janina: 38 Jahre, arbeitet 60%, Mutter von 2 Kindern

Einleitungsfragen:

1. Haben Sie aktuell Fitness- oder Ernährungsziele vor Augen?
   Nicolas: Ich möchte mich in erster Linie gesünder ernähren und abnehmen. Zudem auch mehr Sport machen.
   Levin: Ich treibe schon recht viel Sport und möchte hauptsächlich meine Ernährung optimieren.
   Janina: Ich möchte wieder mehr Sport machen und in meine alte Form zurückkommen.

2. Gehen Sie aktuell ins Fitnessstudio oder halten Sie sich an eine Diät?
   Nicolas: Nein, beides nicht.
   Levin: Ich gehe 4 Mal pro Woche ins Fussballtraining, halte mich jedoch nicht an eine strikte Diät.
   Janina: Ich gehe relativ unregelmässig und inkonsequent joggen.

3. Haben Sie bereits Erfahrungen gemacht mit einem Fitness- oder Ernährungsplan?
   Nicolas: Ich habe mal einen Ernährungsplan befolgt und mich dadurch gesünder ernährt, jedoch ist das schon eine Weile her.
   Levin: Ich habe schon mal mithilfe eines Fitnessplans trainiert, hatte jedoch noch nie einen Ernährungsplan.
   Janina: Nein, nicht wirklich, früher hat mich meine Kollegin in die Fitnesswelt eingeführt und alles gezeigt.

Allgemeine Fragen

4. Wie viele Fragen sind Sie maximal bereit zu beantworten, um Ihren personalisierten Fitnessplan zu erhalten?
   Nicolas: Ich denke zwischen 5-10 Fragen.
   Levin: So zwischen 5-15
   Janina: So wenig wie möglich, also maximal 7 Fragen.

5. Wie lange würden Sie sich Zeit nehmen, die Fragen des Chatbots zu beantworten?
   Nicolas: 10-15 Minuten

Levin: 15-20 Min.
Janina: 5-10 Minuten

6. Würden Sie es vorziehen, offene Fragen zu beantworten oder Multiple-Choice-Optionen zu haben?
   Nicolas: Lieber offene Fragen, da ich dann genauer auf Details eingehen kann und nicht eingeschränkt bin.
   Levin: Ich bevorzuge Multiple-Choice Fragen oder offene Fragen, bei denen mögliche Beispielantworten zur Verfügung stehen.
   Janina: Sofern der AI-Chatbot meine Antworten gut verstehen, kann fände ich offene Fragen besser da der Plan dann bestimmt individuelle wäre.

Fragen Fitness Chatbot:

7. Was sind Ihre Fitnessziele, welche Sie durch den personalisierten Fitnessplan erreichen möchten?
   Nicolas: Ich würde gerne generell sportlicher werden, abnehmen und durch den Sport einen gesunden Lifestyle leben.
   Levin: An Muskelmasse und Gewicht zulegen, um im Fussball, vor allem im Zweikampf, besser performen zu können.
   Janina: Wieder in Shape kommen und Muskeln aufbauen.

8. Finden Sie es wichtig, dass Sie die Auswahlmöglichkeit haben, einen Fitnessplan für Zuhause oder im Fitnessstudio zu kreieren?
   Nicolas: Ja, denn ich persönlich würde eher zu Hause trainieren, da ich auf Grund der vielen Leute nicht so gerne ins Fitnessstudio gehe.
   Levin: Ja, da ich zwar ein Fitnessabo habe, jedoch auch sehr gerne Zuhause trainiere.
   Janina: Ich würde sowieso ins Fitnessstudio gehen, von dem her ist mir das nicht so wichtig.

9. Ist Ihnen die Angabe der präferierten Dauer des Trainings wichtig, oder möchten Sie, dass der Chatbot diesen Schritt für Sie entscheidet?
   Nicolas: Ja, wäre mir ebenfalls wichtig, da ich nicht so viel Zeit habe und daher lieber kurze Trainingseinheiten durchführen möchte.
   Levin: Ich würde gerne selber bestimmen können, wie lange die Trainings sein sollen.
   Janina: Ich fände es besser, wenn ich das im voraus festlegen kann, da ich nicht zu viel Zeit habe.

10. Ist Ihnen die Angabe der präferierten Anzahl Trainingseinheiten pro Woche wichtig, oder möchten Sie, dass der Chatbot diesen Schritt für Sie entscheidet?
    Nicolas: Ja, ist mir ebenfalls wichtig, da ich nicht mehr als zweimal pro Woche ins Training gehen möchte.
    Levin: Würde ich gerne auch selber bestimmen können, da ich wie erwähnt schon mehrmals pro Woche Fussballtraining habe.
    Janina: Fände ich ebenfalls besser, wenn ich das entscheiden kann.

Fragen Ernährungs Chatbot:

11. Was sind Ihre Ernährungsziele, welche Sie durch den personalisierten Ernährungsplan erreichen möchten?
    Nicolas: Ich würde mich dadurch gerne gesund ernähren und Gewicht abnehmen.
    Levin: Meine Leistung im Fussball verbessern.
    Janina: Mehr Proteine etc. über die Nahrung zu mir zu nehmen, um auf Nahrungsergänzungsmittel verzichten zu können.

12. Finden Sie es wichtig, dass Sie die Möglichkeit haben, Lebensmittel, die sie weniger bevorzugen, anzugeben?
    Nicolas: Ja wäre durchaus vorteilhaft, da ich dadurch im Nachhinein nicht selber Ersatzprodukte für die Lebensmittel die ich nicht mag finden muss.
    Levin: Finde ich wichtig, ja. Der Ernährungsplan soll zwar hauptsächlich zu einer Leistungssteigerung führen, jedoch sollte mir das Essen auch schmecken.
    Janina: Ja, ist für mich essentiell, da ich ein paar Sachen gar nicht mag.

13. Sind Sie bereit Informationen, wie beispielsweise mögliche Allergien oder Krankheiten mit dem AI-Chatbot zu teilen?
    Nicolas: Ja klar, diese Informationen sind natürlich sehr wichtig, da ich beispielsweise einen Haselnussallergie habe.
    Levin: Ja
    Janina: Klar, da habe ich keine Bedenken, da diese Informationen essentiell sind.

14. Wie wichtig ist es Ihnen, Angaben zu Ihrer Ernährungsweise (Vegetarisch, Vegan etc.) zu machen oder sind Sie bereit darauf zu verzichten, um den optimalen Effekt zu erreichen?
    Nicolas: Da ich eigentlich alles esse, spielt mir das nicht so eine Rolle.
    Levin: Finde ich wichtig. Ich bin zwar aktuell weder Vegetarier noch Veganer, jedoch spiele ich mit dem Gedanken, komplett auf Fleisch zu verzichten.
    Janina: Sehr wichtig, da ich selber Vegan bin.

Schlussfragen:

15. Welche Bedenken hätten Sie bezüglich der Verwendung von AI-Chatbots für Fitness- und Ernährungspläne?
    Nicolas: Ich kann mir vorstellen, dass er nie an einen Ernährungsberater oder einen Fitness-Coach mit langjähriger Erfahrung rankommt.
    Levin: Dass er nicht individuell auf mich zugeschnitten ist, wie ein persönlicher Coach das machen würde.
    Janina: Ich habe nich wirklich bedenken, ausser dass dieser eventuell zu teuer ist.

16. Wie wichtig ist es für Sie, dass solche AI-Chatbots regelmässig aktualisiert werden, um aktuelle wissenschaftliche Erkenntnisse zu berücksichtigen?
    Nicolas: Wäre mir auf jeden Fall wichtig und setze ich voraus.

Levin: Ist für mich wichtig, da ich keinen Chatbot benutzen wollte, der nicht auf aktuellen Daten beruht.
Janina: Ja klar, das wäre für mich definitiv wichtig.

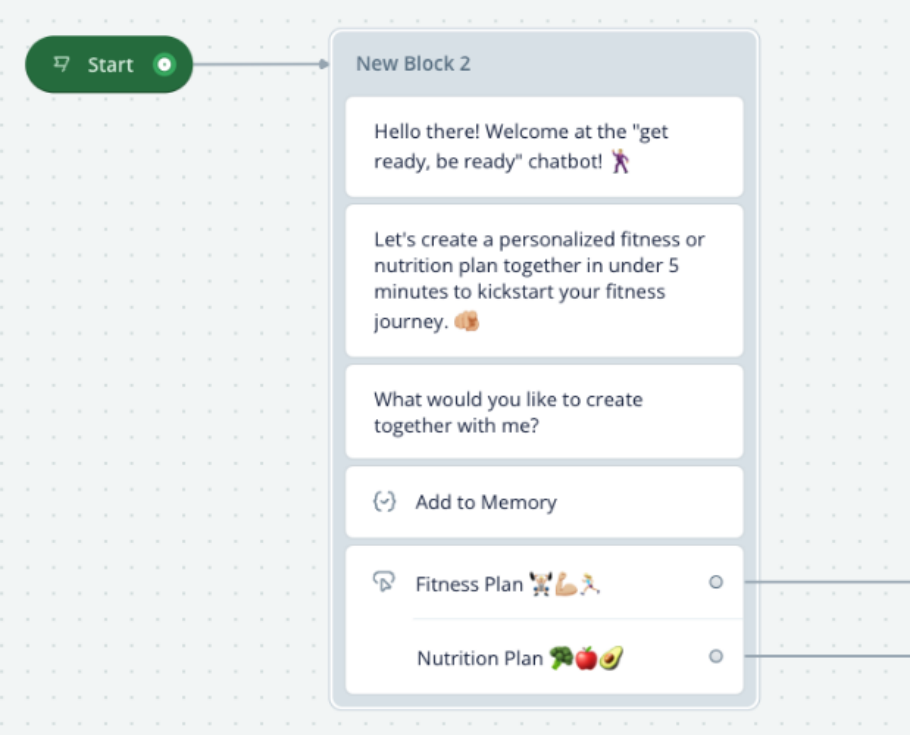
17. Welchen Preis wären Sie bereit zu zahlen für den Zugang zu solch einem personalisierten Service?
    Nicolas: Wenn ich einen spürbaren Effekt wahrnehme, würde ich definitiv bis zu 20 CHF im Monat bezahlen.
    Levin: Insofern der Chatbot qualitativ hochwertige Antworten liefert, die mir tatsächlich weiterhelfen und ich meine Pläne immer wieder anpassen kann, wäre ich durchaus bereit, 30 CHF pro Monat zu bezahlen.
    Janina: Ich würde nicht mehr als 10 Franken im Monat bezahlen, da es auch kostenlose Apps gibt.

18. Haben Sie sonstige Anmerkungen oder Wünsche, die Sie mit uns teilen möchten?
    Nicolas: Nein, ich bin gespannt, den Prototypen auszuprobieren.
    Levin: Mir ist ein intuitives und flüssiges User Interface wichtig.
    Janina: Ich finde es wichtig, dass meine personalisierten Pläne wirklich auf mich abgestimmt sind und ich nicht nur die am besten passendsten von vielen bekomme.

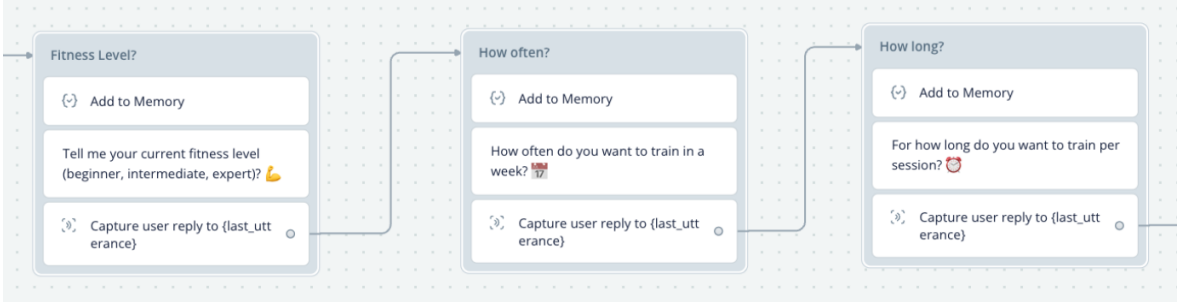
Abschluss:
Vielen Dank für Ihre Zeit und Ihr Feedback. Ihre Meinungen helfen uns, unsere AI-Chatbots besser auf die Bedürfnisse der Benutzer abzustimmen.

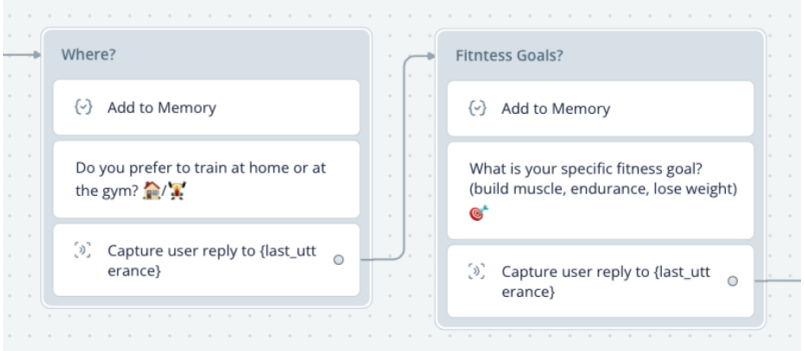
Voiceflow Chatbot Flow

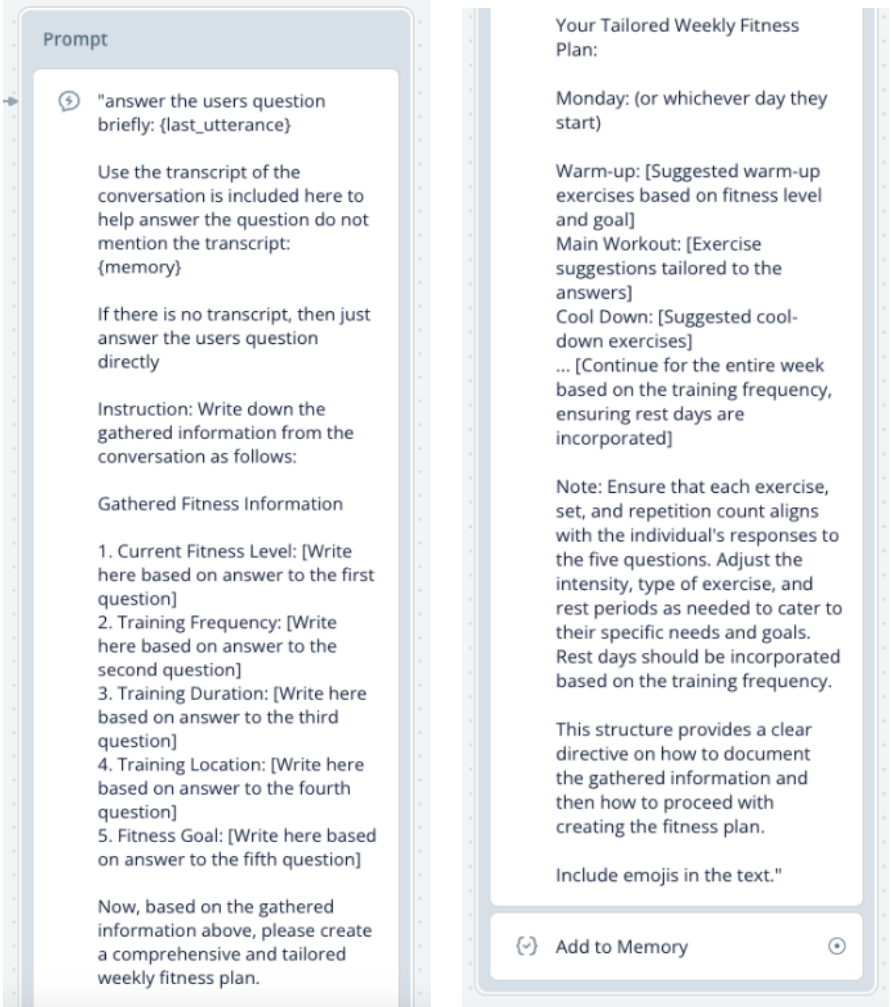
Start



Fitness Plan







Nutrition Plan