

## Interview

Participant: Eric Chou

1. Why do you workout?
  - a. I like it, it's one of my hobbies, for fun, great way of spending time
  - b. I like the results I've seen
2. How often do you workout?
  - a. When I'm busy with school, 1-2 times a week
  - b. If not, 3-4 times a week
3. How long are your workouts?
  - a. About an hour
4. How often do you change up your routine?
  - a. Depends on my mood
5. Do you usually count your reps?
  - a. Yes, always
6. Do you usually count your sets?
  - a. Yes, always
7. Do you usually try to reach a certain number of sets and reps (e.g. 4 sets of 10 reps)?
  - a. No, I do what I feel like doing, but I still count them
8. Do you usually try to keep track of or remember how much weight you use for each exercise?
  - a. Yes, I remember them
9. If you have forgotten what weight you used for the same exercise, have you done anything to help you keep track (such as writing it down, app, etc.)?
  - a. No, I just try to remember
  - b. Or I will pick them up and see if they feel the same
10. If you answered yes to the previous question, how long were you able to maintain the habit of going the extra step to keep track of the weights you used?
  - a. N/A
11. What are some apps that you have used or tried for fitness, nutrition, or exercises?

- a. Don't remember, but they all cost a fee, so I downloaded them and deleted them soon after
  - b. Saw them on Instagram ads and wanted to try
- 12. How often do you use your phone while working out?
  - a. Only when needed (replying to more urgent messages, etc)
- 13. What methods of progressive overload do you incorporate into your routine?
  - a. Increase weight, increase volume, increase frequency
  - b. Depends on what I'm feeling
- 14. Do you ever workout in a group?
  - a. In high school, but mostly did different things
- 15. If you answered yes to the previous question, do you facilitate friendly competition amongst your group?
  - a. No
- 16. Does friendly competition motivate you to work harder?
  - a. Yes, such as seeing other people progressing
  - b. Encouraging each other
- 17. Do you have defined goals? If so, how often do you set these goals, what are some goals you've set, and what have you done to try to achieve them?
  - a. Yes, for example, I wanted to run faster, so I did box jumps, leg workouts that didn't hinder my speed and only grew muscle
- 18. When working out, what makes you feel that you've had a "great workout"?
  - a. Feeling pumped, feeling sore, no injury, pushed my limits, body feels lighter, do everything more easily than last time