Interview, observation

Passive Tracking Application Users: Sleep Tracking

1) Tell me about your experience with sleep tracking.

   ● I like to track very passively, sometimes I look at the data everyday, other times I do it weekly. I use it as a measure of health, to make sure that I"m sleeping enough hours a day.

2) Tell me about the last time you track your sleep patterns (describe in detail: methods, time basis, outcome, etc.)
   ○ It varies sometimes I wear it at night, sometimes I don't. I"m primarily interested in tracking things that are not trackable while I'm conscious. Things that happen when I'm unconscious.

3) Tell me about your sleeping behavior/ what kind of sleeper are you?
   ○ Most of the time I'm quiet, but it depends how tired I' am. I'm not a heavy sleeper, my sleeping patterns tend to change with the amount of work / responsibility / stress levels that I have.

4) How do you make sure that you are getting good sleep for the recent time period?
   ○ A lot of emotional attachment to sleep. The worse I feel, tends to correlate with how good the quality of my sleep is, or how much I sleep in terms of hours. I do keep track of the hours that I sleep, based on arbitrary measurements, like last text message / ballparking.

5) Can you tell us your overall understanding of data you see on your sleeping application?
   ○ I would say that I"m very granular when it comes to data, I do care about certain things like the quality of my sleep, I like to see time and sleep in relation to lots of data points spanned across time. Weeks, months, years not day or hours not granular.

6) How often do you feel you need access to your sleeping information?
   ○ Daily.

7) What will motivate you to adjust your sleeping behavior, if any?
   ○ When I can physically and mentally feels the effects of lack of sleep, whether it be fatigue, tiredness, grumpiness, etc. When it manifests itself in a more tangible fashion. Also if I'm getting sleep way lower than the minimum, so something very obvious.

Active Tracking Application Users: Fitness, and Exercise

1.) Tell me about the last time you went to the gym?
   a.) Pretty active, about three times or so a week. I keep track of my health, try to make sure I keep up with appearances.

2.) What specific functionalities about your tracking application do you use on a regular basis? (When going exercise regularly, what do you feel you need to track on a regular basis?)
   a.) What types of exercises I'm doing, and how many reps, and sets I actually do. Calories, miles, times.

3.) There is this crazy trend over biometric passive sensors, and how they can be used to track sleep patterns, heart rate, etc. What are your thoughts on this?

   a.) They don't care. Most of them are probably not accurate, it's not really trustworthy.

4.) How would you say that recording data on a regular basis, and seeing those insights later on has affected your lifestyle?
   a.) They track the calories burned, and the progress, and the diversity of their work outs, so seeing feedback allows me to gauge how much more or less I need to do of a particular thing to reach a healthy lifestyle.

5.) Describe to me your typical workout routine, does it vary depending on the day of the week? How do you go about tracking these different activities?
   a.) Every other day, just to lose some weight. Lots of lifting and cardio, variety. Switches everyday depending on the day, and the previous work outs.

6.) Tell me about the last time that you used your tracking application to input fitness data?
   a.) Use the app on the apple watch to select which type of exercise that I"m logging for. Using the application to kind of track time, and duration.

7.) Being that you are a very active person, I'm sure you understand the importance of a healthy diet, how do you go about making sure that you are getting a healthy balance of nutrients?
   a.) Some people care about calories, they don't want to actual record everyday because that's a lot of work. They kind of guess ballpark, no one actively counts and inserts the information within an application.

Non-Tracking Users: People who use physical To-do list (grocery shopping):

1.) Tell me about the last time that you created physical to-do list?
   a.) I typically do a lot of exercise tracking, in regards to fitness. Sometimes I use it for a to do list of tasks that I need to complete. Mostly record dates and times that I exercise, I used it to track whether or not I'm meeting my goals. And writing it down helps and reinforces this concept.

2.) What aspects of your methodology for recording data do you find most appealing?
   a.) They like that it's a physical object, it offers them control, it's simple they don't have to adapt or learn a new technology. Reluctant to change, for a lot of them old fashioned.

3.) How do you typically go about tracking your progress, goals etc?
   a.) They don't need a lot of space to right down all the things that they have to do. They don't like looking back on history, they don't like data. Once it's done they kind of cross it out, they aren't looking for time in relation to years or months, just last time.

4.) Why did you choose your notebook over others?
   a.) It's a physical object that you can use conveniently and it helps them memorize tasks while they write it.

5.) What is the best way to organize your notes?
   a.) I kind of write down things chronologically, I cross out things I finished or no longer need to do. I use different colors to prioritize.

6.) Are there any other tasks that you must use notebooks to track your progress?
   a.) It's better to write notes on the book that I'm using and it's better to keep sensitive information about myself within a notebook.

7.) Are there any information that you are tracking, or want to track on a notebook?

I want to be able to know where I'm at towards my goal in relation. Easy way to create and finish tasks.