

User Interviews

Participant 1	Participant 2	Participant 3	Participant 4	Participant 5
<p>Attitudes & Behaviors</p> <ul style="list-style-type: none"> "Physical health I try and keep quite active and I try and eat healthy as much as I can" "I try to reflect on how I'm feeling" "I use YouTube to learn proper form, which is something that matters to me a lot." I think food has a big part in your mental health and gut health, but I don't really know anything about that" "Mental health... I don't actively do anything about trying to improve it. In general I think my physical activity helps my mental health" "I'm fairly stubborn" "Home workout" (app): "the good thing about it is that its not with gym equipment and a lot of the exercises you can do are without equipment" <p>Needs/Goals</p> <ul style="list-style-type: none"> wants to be more disciplined exercises you can do without gym equipment "No always been interested in meditation but not enough to actively pursue it. Maybe out of ignorance there is nothing im interested in doing more" <p>Frustrations</p> <ul style="list-style-type: none"> "Some blast you in the beginning which is discouraging." Unrealistic expectations of fitness levels can be frustrating 	<p>Attitudes & Behaviors</p> <ul style="list-style-type: none"> Daily practices: meditation, walking/running, healthy food, learn new things. "I have no interest in comparing myself to other people or competing with other people" "When I think of health and wellness I think of physical health which means to be free of disease, to have energy, to feel balanced, happy, have a general feeling of wellbeing." "They act as reminders (IG accounts), I follow a lot of health and fitness teachers. They act as daily reminders for me. Of course its not the like actual practice of meditation though" RunKeeper app: "I like it because it gives structure and I am not guessing." "I prefer to be outdoors when I'm exercising." "I don't like being alone when I'm working out. The voice in the earphones that tells me how far I've gone is a form of company and I really like that." "Im more motivated when I know I'm going to do a workout with somebody" "I would love a workout where you do a different workout each time and work towards a goal. You can determine the frequency of which you do it" <p>Needs/Goals</p> <ul style="list-style-type: none"> "I wish I could Regulate my sleep cycle better, that's what I struggle with most" "I wish I was more disciplined about exercise. I would like it to be every single day, but I can't manage everyday" small screen on iphone makes it hard to follow workouts "Sometimes I can't get up early enough so I have to choose between exercise and meditation so I choose meditation" "I would love healthy and tasty nutrition plans that would help me to not gain weight" "I wish I would eat less sugar. I'm addicted to sugar" RunKeeper app: "the voice always says the same thing which is annoying. More variety would be nice or if they responded to the pace you go at." "It would be nice if there was a more normal conversation and if it felt more human" "I'd like to incorporate more breathing exercises into my everyday life". I think that that would help my health. "I have more structure or discipline I can maybe squeeze them into my day" <p>Frustrations</p> <ul style="list-style-type: none"> "I wish I would do meditation on a regular basis. I find it difficult because of my work that takes a lot of time and is stressful, but is also an excuse sometimes." "Sleep is a key component for me. One of my biggest concerns is to sleep well. If I sleep well I will be more efficient the day after." Lack of sleep The challenge is to deal with stress, work, and any imperatives we have in life. 	<p>Attitudes & Behaviors</p> <ul style="list-style-type: none"> "I'm trying to run from time to time. Physical exercise helps to have a clearer mind" Forgetting or postponing. "Because There is no obligation from a 3rd party, its easy to skip it" "These apps are available but to get people to be consistent - you need a group to witness the commitment" "I think if you're really committed to it its nice to have a reminder." "Its cool to share with someone you know that can appreciate it and also posting about your performance. It can be some kind of healthy competition" "I never was consistent enough to practice or use it (the app) on a regular basis" I don't like to carry my cell when I run because its heavy and its a pleasure to leave behind from time to time" RunKeeper app: "It Shows you the pace and stores everything you've done in the past and it allows you to see progress which is really cool" "challenges really motivate people - sometimes employers create health/fitness challenges for employees" <p>Needs/Goals</p> <ul style="list-style-type: none"> "As I progress with my running I find that I need to do more stretching and foam rolling to stay injury free" Gain more mobility and flexibility "I would like to live for a long time and be as active and healthy for as long as possible" It would be good to have an alert setting that sets a time limit and tracks you. It would be cool to have a safe person follow in live time." <p>Frustrations</p> <ul style="list-style-type: none"> Strava shows where you start and finish - don't want to show where I live 	<p>Attitudes & Behaviors</p> <ul style="list-style-type: none"> Runs very frequently "Running is competitive with myself" Recover app: "Its cool - You can pick off a diagram which parts of the body are sore or tight and that you want to work on" I like the one on Strava that gives you a visual representation of your progress and your weekly activity. I like the it simplifies it and gives you a visual graph. Sometimes tracking friends/others can be motivating, but sometimes comparison is demoralizing "I possibly would be interested in tracking it (mental health) and see if you were having a low day and if it correlates to something." <p>Needs/Goals</p> <ul style="list-style-type: none"> "I am better at prioritizing my physical health and wellness because its visible and something I can actively do" "I use that app the most because I don't even use it intentionally" There were several options for how you would listen to it (there was the option for commuting, driving, walking, etc). I stopped using it because I felt out of a routine" In terms of Mental health, I do journaling, or documenting a gratitude everyday or one positive thing a day "I like how you could pick the mood (wind down, etc.) for the meditation" "There are several pillars of health and wellness - mental, spiritual, physical, financial etc. but I would say the main ones are mental, physical, spiritual, and emotional" "Limited edition 24 hour meditation that gives you only one more hour to open up the meditation" <p>Frustrations</p> <ul style="list-style-type: none"> Remember the things you enjoy doing that make you feel good. Making things makes you feel good "The theme that im drawn to is - is it quick, easy and accessible. If I can do it under 10 mins I am way more likely to use it" "I liked that there were lots of different features in one app, but the downside is that app is that I am a tactile person and I like having a physical journal" Balance app: "I didn't like that you can't get the new meditation unless you finish the previous one." Apple Health ap: "I would love it if there was a mood tracker and more mental health components" tried to create things daily or weekly 	

Affinity Mapping

Consideration for the App	Social Motivations	Desire to implement more mental health practices	Features that encourages use	Features that discourage use	Desire to be more disciplined/consistent	Current Practices
<ul style="list-style-type: none"> "When you see how much good you have done it feels better and more motivating and I go into the app without as many frequent reminders because I received that positive reinforcement" "Limited edition 24 hour meditation that gives you only one more hour to open up the meditation" "I possibly would be interested in tracking it (mental health) and see if you were having a low day and if it correlates to something." It would be good to have an alert setting that sets a time limit and tracks you. It would be cool to have a safe person follow in live time." "challenges really motivate people - sometimes employers create health/fitness challenges for employees" 	<ul style="list-style-type: none"> "Its cool to share with someone you know that can appreciate it and also posting about your performance. It can be some kind of healthy competition" Forgetting or postponing. "Because There is no obligation from a 3rd party, its easy to skip it" "Emotional wellbeing is tapping into my awareness of my being and talking to someone motivating it. This is less of a practice and more of an awareness" "It would be nice if there was a more normal conversation and if it felt more human" "Im more motivated when I know I'm going to do a workout with somebody" "I don't like being alone when I'm working out. The voice in the earphones that tells me how far I've gone is a form of company and I really like that." It would be good to have an alert setting that sets a time limit and tracks you. It would be cool to have a safe person follow in live time." "challenges really motivate people - sometimes employers create health/fitness challenges for employees" "I have no interest in comparing myself to other people or competing with other people" Sometimes tracking friends/others can be motivating, but sometimes comparison is demoralizing 	<ul style="list-style-type: none"> "I wish I would do meditation on a regular basis. I find it difficult because of my work that takes a lot of time and is stressful, but is also an excuse sometimes." "No always been interested in meditation but not enough to actively pursue it. Maybe out of ignorance there is nothing im interested in doing more" "I'd like to incorporate more breathing exercises into my everyday life". I think that that would help my health. "I have more structure or discipline I can maybe squeeze them into my day" 	<ul style="list-style-type: none"> "Home workout" (app): "the good thing about it is that its not with gym equipment and a lot of the exercises you can do are without equipment" RunKeeper app: "I like it because it gives structure and I am not guessing." "I think if you're really committed to it its nice to have a reminder." RunKeeper app: "It Shows you the pace and stores everything you've done in the past and it allows you to see progress which is really cool" "I use that app the most because I don't even use it intentionally" I like the one on Strava that gives you a visual representation of your progress and your weekly activity. I like the it simplifies it and gives you a visual graph. "I would love a workout where you do a different workout each time and work towards a goal. You can determine the frequency of which you do it" exercises you can do without gym equipment "The theme that im drawn to is - is it quick, easy and accessible. If I can do it under 10 mins I am way more likely to use it" 	<ul style="list-style-type: none"> small screen on iphone makes it hard to follow workouts Balance app: "I didn't like that you can't get the new meditation unless you finish the previous one." Strava shows where you start and finish - don't want to show where I live 	<ul style="list-style-type: none"> Lack of sleep The challenge is to deal with stress, work, and any imperatives we have in life. "I'm fairly stubborn" wants to be more disciplined "I wish I could Regulate my sleep cycle better, that's what I struggle with most" "I wish I would eat less sugar. I'm addicted to sugar" "I wish I was more disciplined about exercise. I would like it to be every single day, but I can't manage everyday" 	<ul style="list-style-type: none"> In terms of Mental health, I do journaling, or documenting a gratitude everyday or one positive thing a day "Physical health I try and keep quite active and I try and eat healthy as much as I can" "I try to reflect on how I'm feeling" "I use YouTube to learn proper form, which is something that matters to me a lot." tried to create things daily or weekly Runs very frequently Daily practices: meditation, walking/running, healthy food, learn new things. "Im trying to run from time to time. Physical exercise helps to have a clearer mind" "They act as reminders (IG accounts), I follow a lot of health and fitness teachers. They act as daily reminders for me. Of course its not the like actual practice of meditation though"