Appendix

Unknown Speaker 0:00
So this is an interview for my internet internal assessment for IB computer science. So first of all, I would like to ask, What's your name?

Unknown Speaker 0:12
My name is Wilson on.

Unknown Speaker 0:15
And what grade are you in? What school? do you go to?

Unknown Speaker 0:18
I'm a senior, and I am a student that is attending the International School of Bangkok. And I've been I'm a senior. I've been here for this is my third year in ISB. As I've arrived ISB my sophomore year. And yeah,

Unknown Speaker 0:39
do you play any sport?

Unknown Speaker 0:41
Yes, I play soccer and rugby. I've been playing soccer for almost all my life in rugby. I've just, I've picked it up since freshman year at the International School of Kuala Lumpur.

Unknown Speaker 0:54
Okay, so, since your since you're an athlete, I'm assuming that you work out also you also go to the gym, right?

Unknown Speaker 1:02
Yes.

Unknown Speaker 1:02
So how long have you been going to the gym,

Unknown Speaker 1:04
I've been going to the gym for three times a week,

Unknown Speaker 1:07
for how long?

Unknown Speaker 1:08
For? Since when? Since since freshman year. Okay, so

Unknown Speaker 1:15
with any, uh, you know, trouble you you're facing was going to the gym, or like anything you want to improve with your gym experience.

Unknown Speaker 1:30

So this is my fourth year gyming right now, and currently, I've been experiencing a, I haven't been more gaining as much muscle mass as I expected to without, with a decreased motivation. And so I just want a change in plan or a program that can help me build more muscle in my increased income and goal for my game. So

Unknown Speaker 1:55
and I'm assuming you're going to, you've been going to the gym also to prepare yourself for the sport that you're doing. So, um, you know, I was you know, so I was wondering, like, are you? Are you familiar? Have you been using any? Jimmy, like workout application on your phone on a website?

Unknown Speaker 2:20
Currently, no.

Unknown Speaker 2:22
So I'm assuming that, you know, some, some sort of since since you said that you're, you're struggling with motivating yourself, and you know, you're not, you might not be gaining as much muscle mass as you wish. So I'm assuming that, you know, I would like to make a program that are like an app, or application or database that would help you guide yourself into improve your gaming experience? Would that be something you are interested in? Yes,

Unknown Speaker 2:48
yes, that would be very helpful.

Unknown Speaker 2:51
So um, when? So you said you're going to the gym three times a week?

Unknown Speaker 3:01
Yes.

Unknown Speaker 3:02
So are you do you? Are you planning to increase the number of times you decrease the use gonna stay three times?

Unknown Speaker 3:11
I'm planning just to stay at gyming for three times a week.

Unknown Speaker 3:16
Okay, so, um, Can Can you tell me which, you know, if I'm going to make a database, which part of the, which, you know, inflammation would be helpful in the, in the, in the database I've been making for you.

Unknown Speaker 3:34
I would like to work on my lower, lower upper abs and cardio improve my cardio.

Unknown Speaker 3:44

So the muscle group, yeah. And so you said you have, you know, trouble, you know, motivating, so would, you know, reminder of the times and weeks and days, would that be helpful to you?

Unknown Speaker 3:59
Yes, that will be helpful.

Unknown Speaker 4:01
And, okay, so I'm thinking, you know, since you said that, you know, the muscle group and is important. So I would also, if, so, you know, as I'm your friend and I've been to the gym with you, I'm assuming that you work out, it's like, each time you work on different muscle, right, the big muscle group, so you know, I would like to make a database that help you improve the experience by you know, maybe you would have to increase the times I doubt that would be up to you to put it in the program, which will create a the most effective workout for you. Right, so I'm planning to have a will just in the general surface, I would, I'm planning to make, you know, have a full option for you which is lower output and cardio and that will be connected to within that that will be a different exercises that focus on that muscle group. And within those exercises, I will have in a way and said that you can choose Are you are? Well, I would have a recommended weight and said that you should do. And also, you know, it's up to you to tissues or not. But um yeah, so recommended weight set for each smaller exercises within the bigger muscle group, and also is a also want to make an alternate algorithm that, you know, if you work on lowers to one day, then the next time then will be different. And if you work on the same muscle group for more than, you know, repeat, if you repeating, if you keep repeating, if you keep working on the same muscle group for constantly, then the program or the other application would, you know, would recommend that change for you without it? Does that sound good to you?

Unknown Speaker 6:08
Yes, that sounds very good.

Unknown Speaker 6:11
So I'm also would would, because, you know, you said earlier, the motivation would be one of the problem, wouldn't it be kind of helpful for you to

Unknown Speaker 6:22
Yeah, that will help me so then it could remind me to go to a gym, and this could potentially increase my motivation to hit the gym more often.

Unknown Speaker 6:32
Okay. So, you know, I'm planning to make a, you know, that will be an alert and recommended way for each day recommended days and stuff. But also I will make another database which, you know, allow you to put to put all the exercises that you've been doing and calculated and will link it back to the recommendations in the surface, which allow you to allow you to, which we will allow to recommend to you on what you do on what to do basing on what you put on saving on the on the left, right. Um, another thing is, you know, since you said that you also struggling with getting the right mass and size. So, you know, that will be options for you. So, you know, that's going to be option for like, you know, bigger option would be like, you know, training for you know, preseason, you know, preseason, bulking

cutting, and also, you know, preseason, preseason will be preseason for rugby preseason for soccer, which will come which can combine all the four muscle group to and also if, in the future, we we can talk about this later, but I think that, you know, dieting would be a good choice to put an answer to, to, to monitor what you eat, and what's best for you to calculating calories and which protein you use, which supplement you use. Does that sound good? Sounds good. So, you know, I would present my ideas to you are there any more like, you know, particular problem that you would like to a digital solution to?

Unknown Speaker 8:33
In terms of any particular problems that would like a digital solution to I would say, I wouldn't have any problem in terms of gyming or any program. I'm just not really picky about any program. I just want. I just want more on so with. So ultimately, with that idea presented, I don't think there'll be any particular problems.

Unknown Speaker 9:00
And there any particular step of, you know, calculation involved in you know, going to the gym, that would that would, that you you ever say that, you know, bothering you.

Unknown Speaker 9:19
Diet, calculate diet, calculate for diet, calculating sets and also weights,

Unknown Speaker 9:28
okay, I know what you know, would would, how often you go be hard to manage to. So would that be something you want to Yeah,

Unknown Speaker 9:39
that would help a lot too.

Unknown Speaker 9:42
Okay. I think that's, I think that's good for now. Thank you for your time, and who see to see if we have any more problems for the next interview.