

## **Interview Transcript:**

### **Appendix A:**

Q1 Interviewer: Hi, can you introduce yourself and just talk about your fitness goals?

Mr Sereeyothin: I'm Gunn (Thanavee). I like to workout, and one of my main goals right now is to progressively overload.

Q2 Interviewer: Could you tell me what that means?

Mr. Sereeyothin: Sure. Basically, its adding weight or reps over time. The goal is to get stronger, so in essence, you need to lift more weight each time. So for example, one week, I'll bench 100 kg for 5 reps, and the next week, I'll bench that same 100 but for 6 or 7 reps. Or you can do the same 5 reps, but for like 110 kg or something. That's progressive overload in a nutshell. Oh and it's also important to track the weight you lift, so you can add more the next session.

Q3 Interviewer: I see. You say it's important to track your progress, so how do you track your progress?

Mr. Sereeyothin: Right now, I really like my notebook, but I'm looking to move to a more advanced system where I can see my progress more easily. Something on my phone or laptop would be pretty cool. I've seen the apps where you have all the fancy graphs and stuff, but it looks like you have to pay for that.

Q4: Interviewer: I see, so you want something digital to track your workouts for a change. What would work best for you?

Mr. Sereeyothin: Ideally, it would be on my phone or laptop because I use them pretty often.

Q5 Interviewer: So you want sort of a transition from paper. But how do you write down your progress in the first place?

Mr. Sereeyothin: Basically, I write down the exercise that I'm doing, the day I'm doing it, the amount of weight, and the amount of reps. Honestly, it's quite a hassle sometimes, like my hands will be all sweaty, and it does take a while to log it if I'm doing many sets. Sometimes I also feel kind of tired after my sets and can't be bothered to write in my book, and eventually it'll snowball and I'll miss logging the workout.

Q6 Interviewer: So a digital system would save you much time right?

Mr. Sereeyothin: Yep, I think so. I also think it would be cool to have a way to look at all my progress. Because like on paper, you can't see the entire history of the exercise, you know?

You would have to look through each workout, then write it out again. With a digital system, maybe I could see all my history at once. It would also be cool to have graphs and stuff, so I can maybe see patterns when I'm doing things right and improving fast. I don't need too much fancy stuff honestly.

Q7 Interviewer: Right. And your laptop is a Mac right?

Mr. Sereeyothin: Yep, it's a bit old. I think it's a 2018 Macbook Pro.

Q8 Interviewer: That'll be fine. That's all the information I'll need for now, thanks for your time.