

Name: [REDACTED]

Participant Number: 438

Date: 1/12

INTRODUCTION

Thank you again for volunteering in this study. These interviews give me some insight into problems people face with portion control and weight loss in general in order to develop an interface that can solve their problems and be a useful tool.

So, I will start by reading off the informed consent just to clarify the purpose and other details. Then I will ask you some questions, after I'm going to ask you for a little show and tell to get an understanding of some of your kitchen items you use for measurement, etc. (Read informed consent in its entirety).

We will start with some easy questions and then more detailed questions as we go. Do you have any questions before I begin?

INTERVIEW

1. What is your age? 31

2. What is your occupation? Contract Specialist

3. How many hours a week do you work?

40 / occasionally

4. Tell me about your recent weight loss journey.

I've always been a fitness journey / unrealistic expectations, obsession w/ healthy eating / organic / the

5. What do you find challenging when trying to lose weight?

too calorie focused, hormonal imbalances, lack of education

started weight lifting - feel strong and feel healthy make it feel bad about yourself

6. How much free time do you have after work and before dinner?

right after work 30 mins.

7. How do you determine how much protein, carbohydrates, and veggies to eat for each meal?

right now, intuitive - complex carb
mindful of mostly protein (feel satiated w/ protein)

8. How can you tell how many ounces are in a piece of protein? Do you find any issues when trying to measure it for weight loss?

Use my hand, size of your fist
4 oz portion

9. Tell me about the last meal you made at home. What did you make? How did you portion out your plate?

I made a beet stew. For meal prep
4 - meals - fill up my bowl a little over
half.

10. Could you tell me about the last meal you ate out? What did you order? How did you decide on this meal?

Breakfast - protein shake / half breakfast wrap.

✓ out of convenience.

filled me up / half saved for later

11. Can you share specific instances or situations where you find it particularly challenging to control your portions for weight loss?

When I smoke weed / alcohol. Social events
in general, good conversation.

12. Could you provide examples of specific foods or meals that you find especially challenging to portion for your weight loss objectives?

Anything that's unhealthy / with sugar

No set way of 4-6 tablespoons of sugar

Not entirely mindful of that / unlabeled things / on the go.

13. Tell me about a time when you logged your meals. Did you use a food logging tool? Which? What would you add or change? What did you like/dislike? How long did you do this for?

My Fitness Pal → on/off 5 yrs.

Liked - find my food & scan labels, easy to add

Dislike - over calories - in the negative / not tracking activities

Not being so
or "in the
red"
with
calories

hormones?
genetics.

14. Why did you stop logging your meals? If you are logging them now, what motivates you to continue logging (if applicable).

A lot of obsession over it & you get addicted

15. ~~Could you describe a time when you counted your calories? Did you use a calorie-counting tool? Which? What challenges or improvements would you suggest to this app? What did you like/dislike? How long did you do this for? If you are continuing to count calories, what motivates you?~~

Good habit / mentally doing it too.

16. Can you recall a specific instance when you found it challenging to portion out your plate? What made it difficult?

lasagna / meal that all integrated / ^{hard} to see how much you're having

17. How do you choose the right portion sizes for your weight loss goals?

I want ^{to be} satiated / variety of veggie / plant-based

18. When eating out, do you ever feel uncertain about the portion sizes? How do you handle these instances?

100%. Only time I have double the portion - I try to take to several ones. becomes hard because it's casual.

19. In social events or work-related gatherings, can you recall specific instances where external factors made it difficult to control your portions? How did you handle these situations?

20. What role do time constraints play in your ability to maintain your diet goals?

Not fasting / ^{w/} work I have time
restraints / throughout the day - three meals

21. What type of tools or resources would make portioning your protein, carbohydrates, veggies, etc...easier to obtain your weight loss goal?

plates that show portions, meal
prep containers (usually 2 divide) - should have
3 divide // app that is easy to use about

22. What do you think about taking pictures or using technology to identify what you were eating?
What about it directing you how much you should eat?

scan your meal & it tells you
where your portions are

veggies
coffee
milk
the size
of the
carbs. I
should

23. What are some downfalls you can see with this technology? What are some benefits?

downside if they
have w/ too much meat
(Obese could become an issue)

visualization
of how you / should
or should not
be eating

24. What is your opinion on existing weight loss and food logging tools?

I think they are educational - macros on food

Downside -> super obsessed / don't live their
life outside of it.

25. Are there tools you can envision using that could help you identify or record what you are eating more easily?

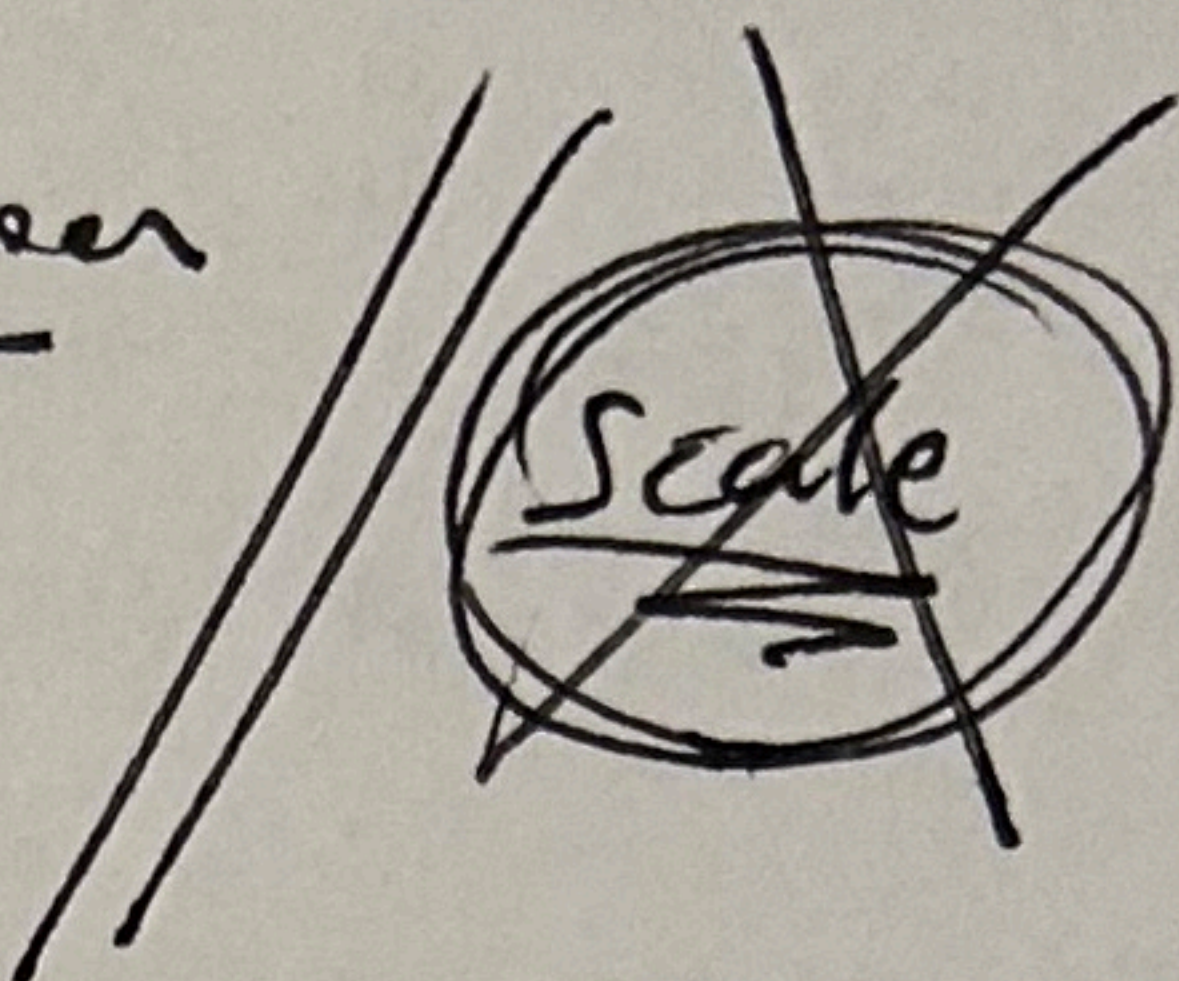
-> physical tools (meal prep containers)

-> scan it -> easier

Can you show me some devices you use to measure your food (i.e. measuring cups/spoons)? What do you use each of them for? Have you ever used a scale for measuring?

measuring cup / regular spatula or spoon

pyrex glass containers → meal prep
w/ dividers



CONCLUDE

Thank you for your comprehensive responses; they provide valuable insights for our research study. I appreciate the time and effort you've dedicated to sharing your experiences.

Before concluding, I would like to extend an invitation: if you happen to know of any friends or family members who meet the criteria and might be interested in participating in our weight loss study, I would be grateful if you could share this opportunity with them.

While recommending participation in such studies can be sensitive, if the topic arises naturally in conversation, your referral would be highly appreciated.

Thank you again for your cooperation and assistance.