**Check-in Meeting Interview Guide**

**Introduction**

The purpose of this meeting is to capture how your experience with self- experimenting is going so far and to collect feedback on the prototype. You can say nothing wrong. let me know what you didn't use at all. I can learn the most from things that didn't work out.I expect it to take about 30 minutes.

Do you have any questions before we begin? Can I record this meeting?

**Documenting Experience**

So how did it go?

What issue are you working on?

What is your goal?

What intervention are you trying out?

How did you check-in with yourself?

Would you say it is working? Can you maintain it?

What is your baseline? What were you doing before?

How did reflecting go? Did you learn anything about yourself? What is the most important (best) thing that has come out of this experience for you?

**Self-experimenting**

What were you expecting?

For me, self-experimenting feels like....

For me the purpose of self-experimentation is....

**Interaction with prototype**

Do you have the prototype with you?

Please name three things about the prototype that you found helpful􏰂/that you liked􏰃.

What was the most helpful part of the process?

Please name three things about the prototype that could be improved􏰂/left out􏰃.

Was there any aspect that you felt you needed more support with? What do you wish for?

What features are missing?

What was unclear or confusing?

What could be left out to make it simpler?

Was there anything you didn't use? Why?

Did you use the inspiration cards?

Did you use any of the tracking packages?

How was􏰀􏰅 it having a physical set of instructions/material?

How often did you interact with the set?

How often did you write􏰂/see them?

What is up next?

Will you keep working on the same intervention? Why (not)?

Will you try something new?

What will you try next?

**Wrap up**

Can you send me pictures of your prototype and how you used it?

The next meeting will be in two weeks

**Closing meeting Interview Guide**

**Introduction**

The purpose of this meeting is to reflect together on your experience in trying to change a health behavior, and the method of self-experimenting. I expect this meeting to take between 30 min 􏰈to 45 min.

Can I record this meeting?

**Ice breaker - 3 min**

I would like to use MIRO as a visual help - using post-its, images, memes, and emojis as part of the reflection.

How did it go?

How was your experience trying to change your health behavior through self-experimenting?

**Documenting Experience**

Please remind me - what was your goal?

What changed for you over the last two weeks?

What changes did you make to the intervention or goal?

Why did you make them?

Would you say it is working?

Can you maintain it?

What worked for you and what didn't?

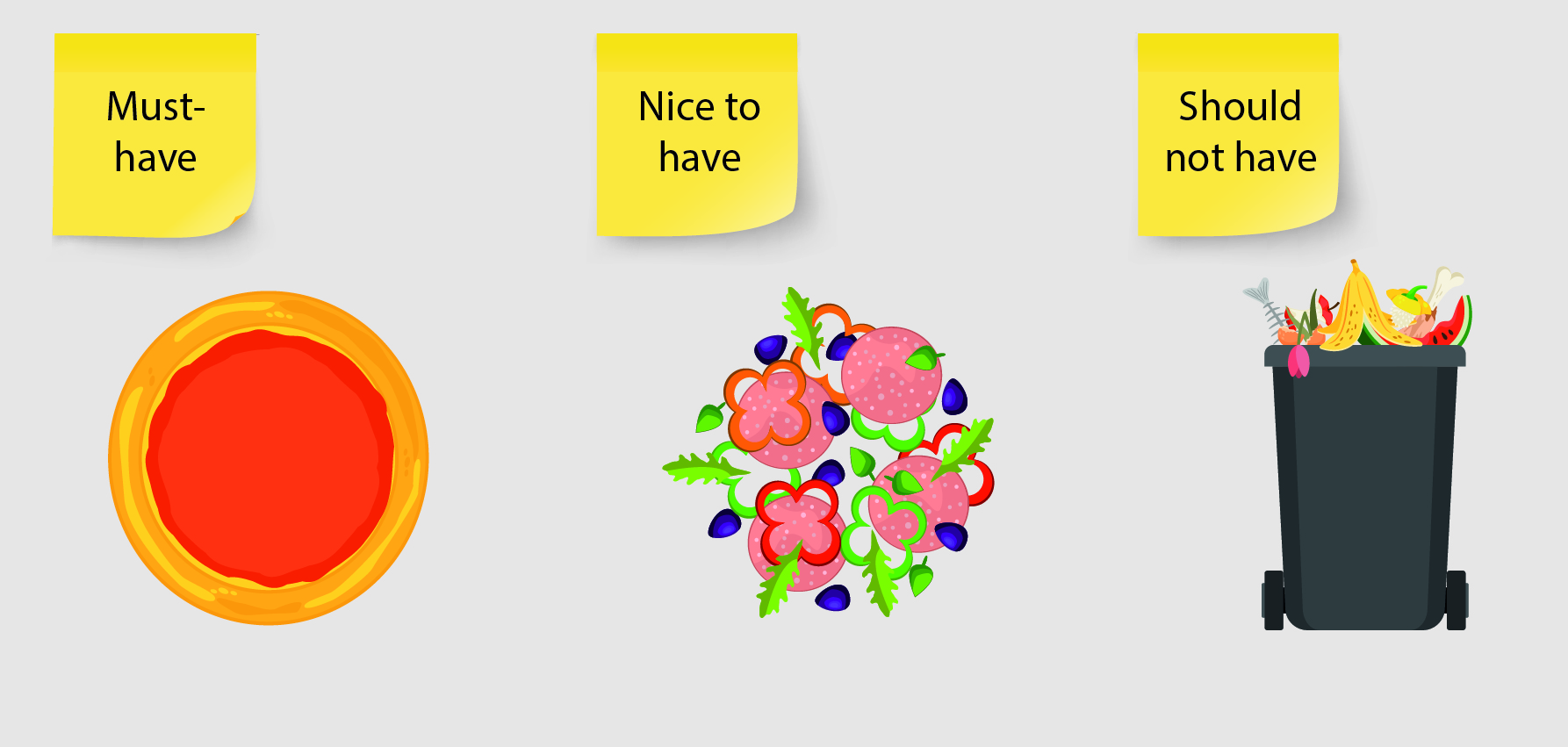
**Map frequency + goal**

How well did you achieve your goal over the weeks?

How well do you think you will be able to maintain your intervention? How much did you interact with the instruction set over the weeks?

**Core ingredients**

**Note to the interview instructor:** *Use the ironical pizza metaphor on the Miro board*



I am interested to know what the core ingredients were for your self-experimentation experience.

What were the things you really needed􏰂 evaluated, and if you were to do this again - you would consider them a must-have?

What were the things that were nice to have? What did you not want?

These can be aspects of the prototype or things that you noticed were particularly helpful or missing over the weeks.􏰍

**Discussion**

􏰎Was there anything that surprised you?

Wh􏰏􏰐at was the most significant result for you from engaging in self-experimentation􏰆?

Will you continue to self-experiment? Why not?

What are the reasons not to continue?

Did you add anything else to the feedback form?

Do you have any new feedback for the prototype?

What􏰌s going to happen to the prototype now?

**Wrap up**

Can you send me pictures of your prototype and how you used it?

Thank you so much for participating􏰔