

Diary Study Debrief | Seed: end-to-end app

Opening: Hi I'm Carol. Thank you so much for your willingness to participate in this diary study. I want to learn about your experience with setting goals and the tools you might have used to help you set and achieve your goals. I am trying to design an app for smartphones that would be enjoyable and useful for people like you, in their teenage years to late twenties. I hope this app can help young people develop good habits and break bad habits for achieving their goals.

Instructions: The aim of this study is to know how you make and set goals, track your progress, and if or how you achieve your goals. Instructions and expectations are as follow:

1. Pick a time of day you will set 3 goals you want to accomplish either that day or for the following day
2. Log when you start and finish planning how you will complete those 3 goals
3. Digitally log your goals and the steps you might take (via notes, google doc, existing task management app, etc.) and take a screenshot
4. Send me a text within 1-2 hours of completing step 2-3 with the screenshot of:
 - a. Your 3 goals for the day
 - b. Steps you will take to complete them
 - c. The start and end of your planning time
5. I will send you a text at the end of the day or the following morning (we can decide what time you prefer) to check-in to see what you were able to accomplish.

Duration: We will be doing this logging for **3 days**, and at the end of the logging period, I would like to have a post-study interview for about **30 minutes** to discuss how it went, any thoughts you had about the process, and other clarification questions I might have for you.

Compensation: Within 1 week after the post-study interview is completed, you will receive a Starbucks gift card.

Your experiences from participating in this study will be valuable for how I decide to design this app. If there's anything you don't feel comfortable sharing with me during the study, please feel free to not share that. You may also back out of the study at any point. Please let me know if you have any questions/issues about continuing with the study.

Do you have any questions for me at this point? And after hearing all of the instructions and expectations of you as a participant, do you believe you can and want to participate in this diary study from start to finish?

- Let's begin _____.
- What time of day do you want to complete steps 1-3? _____
- What time do you prefer that I send a check-in text? _____

Thank you so much for your time and help with my research for this project! Looking forward to working with you for the next few days.