

## FRILUFTSLIV INTERVIEW.

Thank you for taking part in this interview, I hope you don't mind me recording for the purposes of my research. I won't use your real name in the case study research findings, so anything you say is anonymous. Additionally if you are uncomfortable with any question or do not wish to answer please just let me know and we can skip it. Furthermore there are no wrong answers.

1. Can you tell me about any memories (good or bad) you have of spending time in nature, any funny stories, or memorable trips?
2. What (if any) are your favorite activities to do in natural environments?
3. How often do you seek out green spaces or take walks in nature?
4. Do you suffer from stress, anxiety or depression, and if so how you treat your symptoms?
5. Are there any apps that help you manage your stress, and if so how do they help you?
7. What do trees make you think of, and how do they make you feel?
8. If you were to use an app to track wellbeing, would you be interested in a gamification or reward based feature to help you stay engaged.
9. What motivates you to stay on track with healthy habits?
10. What kind of interface would you prefer to interact with- one that uses more of an illustrative approach, or one that uses RL photography? Or do you not have a preference.
11. Can you tell me about a time you used a fit-bit or step counting device?
12. Would you prefer to hug a tree, or stand on the ground with bare feet?
13. Do you consider yourself to be connected or disconnected with nature, and can you tell me more about that.

Before we close are there any other experiences or interactions with nature you'd like to share with me?

Thank you so much for taking the time to answer my questions.