

## Interview Protocol: Contextualize and Identify Data

### Expected duration: 60 min

*To be conducted with collaborators and co-creators a few days after they have donated their data, to give the researcher time to prepare the personal data posters.*

### Introduction

1. Can you tell me a little bit about your training routine?
2. Can you tell me a little bit about your experience with your menstrual cycle?
3. How do you consider your menstrual cycle as part of your training routine?

### Contextualize the Data

*Introduce the personal data poster and invite the interviewee to map their most recent menstrual cycles and interpret their data.*

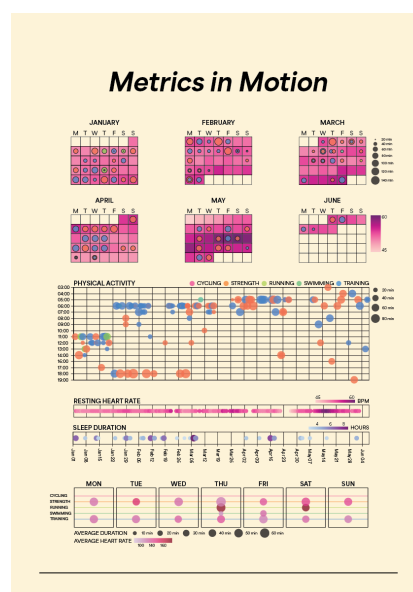


Fig 1. Personal Data Poster

*Ask a subset of the following questions, depending on the segment of the poster:*

1. Calendar View
  - a. Do you recognize specific aspects of your routine? Which ones?
  - b. Do you identify any patterns or outliers? If so, do you remember what you were training for or doing?
  - c. Was there a period in the last few months when you tried something different with your training?
2. Activity Timeline
  - a. How do you decide what time to train?
  - b. What time do you prefer and why?
  - c. Do you recognize a difference between weekdays and weekends?
3. Heart Rate, Sleep, and Activity Timeline
  - a. Do you identify any variations in your heart rate or sleep? If so, do you remember what was happening at the time?

- b. Do you identify any patterns or outliers?
  - c. Can you identify any correlations?
- 4. Daily Overview
  - a. How do you decide what activities to train for each day?
  - b. What days do you prefer and why?
  - c. Do you recognize a difference between weekdays and weekends?
- 5. General
  - a. What do you recognize when seeing your data in this way?
  - b. Can you see any patterns or outliers?
  - c. Does something surprise you?
  - d. Do you have any questions about your data?

### Reflect on Data Donation Experience

1. Could you please summarize your data donation experience?
2. What feelings or emotions did you have through this experience?
3. What did you like the most?
4. What did you dislike the most?

### Wrap-Up

4. Is there anything else you would like to add?
5. Would you like to continue your participation?
6. Do you have any questions?