1. Demographic
   a. age
   b. gender
   c. live with family? (if not, what's the frequency of children visiting you?)
   d. Work status. (retire? how long?)
   e. Occupation?

2. Activity in Leisure Time
   a. What would you do for leisure activities?
   b. Which activity is your favorite?
   c. Frequency? (how often have you done it?)
   d. Duration?
   e. Is there any activities you want/plan to engage?

3. Health Attitudes and Management
   a. Do you have any health issues or concern?
   b. Have you do health check routinely?
   c. What do you do for keeping health? (diet, nutrition balance, exercises...etc.)

4. Exercise
   a. What would you do for exercise? (If not, why not?)
   b. Why would you chose those exercises?
   c. Which exercise is your favorite
   d. Frequency? (how have you done it?) → for activity popularity
   e. Duration?
      a. Is there any exercises you want/plan to learn?

5. Social Activity
   a. How do you contact your family and friends? Frequency
   b. What kind of activities do you do with friends (or family)?
   c. Do you use any social media? How do you use it? (devices? major activities on it?)
   d. If yes, what are they? Which one is your favorite? Why?
   e. If yes, How do you start using social media? Please share more experience about it.   (Difficulties, solutions, or learning process)

6. Technology usage
   a. Do you use any digital devices in your daily life? (Smartphone, Tablet, Computer, Laptop)
   b. If not, why not?
   c. If yes, what kind of devices do you use? For what purposes?
   d. How do you start to use those devices?
   e. How do you learn to use it? Could you share us more experience about the learning story?
   f. Do you play any games on digital devices (computers, tablets, mobile phones)?
   g. If yes, how do you start gaming? Please share more about the learning, engage experiences. (Difficulties, solutions, or learning process)
   h. Do you know anything about VR?

   i. If yes, would you like to play VR games