

Day 1

1. Did you exercise today? No
2. Were there any distractions that prevented you from exercising?
Yes
3. Did you use an app to track your exercise? If yes, then which app?No
4. How are you feeling today? Elaborate if you want to. Tired

Day 2

1. Did you exercise today? No
2. Were there any distractions that prevented you from exercising?
Yes
3. Did you use an app to track your exercise? If yes, then which app? No
4. How are you feeling today? Elaborate if you want to. Extremely exhausted, tired and grumpy

Day 3

1. Did you exercise today? No
2. Were there any distractions that prevented you from exercising?
Yes

3. Did you use an app to track your exercise? If yes, then which app? No
4. How are you feeling today? Elaborate if you want to. Exhausted and irritable

Day 4

1. Did you exercise today? Yes
2. Were there any distractions that prevented you from exercising?
No
3. Did you use an app to track your exercise? If yes, then which app? Apple Watch workout
4. How are you feeling today? Elaborate if you want to. Still tired and irritable.

Day 5

1. Did you exercise today? Yes
2. Were there any distractions that prevented you from exercising?
No
3. Did you use an app to track your exercise? If yes, then which app? Apple Watch workout
4. How are you feeling today? Elaborate if you want to. Miserably tired.