

### **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.

**happy**

### **Day 2**

1. Did you exercise today?

**yes**

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.

**happy**

### **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.

**happy**

#### **Day 4**

1. Did you exercise today?

**yes**

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.

happy

#### **Day 5**

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.

happy