

Day 1 - wednesday

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?

No

4. How are you feeling today? Elaborate if you want to.

I felt kind of in a funk which is why I decided to exercise, because it acts as a good distraction and mood booster. It definitely helped. I felt better afterwards.

Day 2 - thursday

1. Did you exercise today?

Yes

2. Were there any distractions that prevented you from exercising?

Yes, I had to remember to do it because I was caught up in some homework.

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.

I felt fine today, was a bit sad because of personal things.

Day 3 - friday

1. Did you exercise today?

No

2. Were there any distractions that prevented you from exercising?

No, usually Friday evening is my relaxing time so I don't usually exercise.

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.

I felt fine.

Day 4 - saturday

1. Did you exercise today?

No

2. Were there any distractions that prevented you from exercising?

I came home late from eating dinner with my family.

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.

I felt fine! Pretty normal day. Felt a bit bloated and wanted to work out but just walked around doing chores.

Day 5 - sunday

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?

No

4. How are you feeling today? Elaborate if you want to.

I'm a bit stressed because I have a big test tomorrow.