

Day 1

1. Did you exercise today?

Yes, 30 mins

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

Homework, rain

3. Did you use an app to track your exercise? If yes, then which app?

Nope

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

One of the better days, so I'm happy. Day started off slow, but picked up towards the end.

Day 2

1. Did you exercise today?

No

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

Homework, rain, chores

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.

Still riding the high of yesterday.

Day 3

1. Did you exercise today?

No

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

Homework, not in the tight mindset

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.

Dissapointed. First college that denied my application today.

Day 4

1. Did you exercise today?

Yes, 1 hour

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

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.

Good, excited for senior bonfire, energetic.

Day 5

1. Did you exercise today?

Yes, 30 mins

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

Homework, studying, family responsibilities

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 and thrown off because of the time change, but otherwise feeling good.