

Respondent 1:

Day 1

1. Did you exercise today?

Yes, I went for a short run in the morning.

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

My phone.

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

Yes, I use Strava.

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

I feel a bit sluggish, but the run helped wake me up.

Day 2

1. Did you exercise today?

No, I wasn't feeling up to it.

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

My phone.

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.

Kinda stressed.

Day 3

1. Did you exercise today?

Yes, I did a short home workout.

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

My phone.

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 feel more energized than yesterday.

Respondent 2:

Day 1

1. Did you exercise today?
Yes, I played basketball after school.
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.
Good, just stressed about a quiz tomorrow.

Day 2

1. Did you exercise today?
Ya, I went to the gym.
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.
Good overall and not as stressed.

Day 3

1. Did you exercise today?
No, I was too tired.
2. Were there any distractions that prevented you from exercising?
I had a lot of hw.

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

Respondent 3:

Day 1

1. Did you exercise today?

Ya, at the gym

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

TikTok and insta

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

My apple watch tacker.

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

A little overwhelmed with school.

Day 2

1. Did you exercise today?

No

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

I had to do a lot of homework and studying.

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 Stressed.

Day 3

1. Did you exercise today?

Ya, at the gym.

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

TikTok and insta.

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

My apple watch tacker.

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

Overall happy and energetic.