

## **Person 1**

### **Day 1**

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 exercise app**

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

**I'm feeling good**

### **Day 2**

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 exercise app**

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

**I'm feeling bad because I think I failed my math test**

### **Day 3**

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 exercise app**

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

**I'm feeling good because it turns out I didn't actually fail my math test**

### **Person 2**

#### **Day 1**

5. Did you exercise today?

**Yes**

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

**My phone but eventually I went out**

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

**Liftoff because my friend Noah put me on**

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

**Good because I got a good pump**

#### **Day 2**

5. Did you exercise today?

**No**

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

**I had homework**

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

**No**

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

**Bad because I had a lot of homework**

### Day 3

5. Did you exercise today?

**Yes**

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

**No I went straight from school**

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

**Yes I used liftoff**

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

**Good because I went to the gym and hit a bench pr**

### Person 3

#### Day 1

9. Did you exercise today?

**no**

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

**video games (genshin, zenless zone zero)**

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

**no**

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

**bad because I tried asking someone out and they gave me a weird look**

#### Day 2

9. Did you exercise today?

**no**

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

**league, NIKKE, jm ranked**

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

**No**

12. How are you feeling today? Elaborate if you want to.  
bad because i binge ate and vomited

### **Day 3**

9. Did you exercise today?

**no**

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

**yes i got a new discord girlfriend and i was in call with him for 5 hours**

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

**no**

12. How are you feeling today? Elaborate if you want to.  
good because i got a new discord girlfriend