

Day 1

1. Did you exercise today?
 - a. No
2. Were there any distractions that prevented you from exercising?
 - a. Homework
3. Did you use an app to track your exercise? If yes, then which app?
 - a. No
4. How are you feeling today? Elaborate if you want to.
 - a. Tired

Day 2

1. Did you exercise today?
 - a. No
2. Were there any distractions that prevented you from exercising?
 - a. Homework again
3. Did you use an app to track your exercise? If yes, then which app?
 - a. No
4. How are you feeling today? Elaborate if you want to.
 - a. Stressed out because finals

Day 3

1. Did you exercise today?
 - a. No
2. Were there any distractions that prevented you from exercising?
 - a. Studying
3. Did you use an app to track your exercise? If yes, then which app?
 - a. No
4. How are you feeling today? Elaborate if you want to.
 - a. Still stressed