

### **Day 1**

1. Did you exercise today?
  - a. yep
2. Were there any distractions that prevented you from exercising?
  - a. Phone
3. Did you use an app to track your exercise? If yes, then which app?
  - a. yep
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. Phone
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

### **Day 3**

1. Did you exercise today?
  - a. yep
2. Were there any distractions that prevented you from exercising?
  - a. Phone
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. Better than yesterday