

Day 1 (Tuesday)

1. Did you exercise today?

No

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

Yes. I had conservatory after school, a lot of homework to do, and I was also distracted by social media.

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

No, I don't have any apps like that on my phone

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

I'm feeling good. A little stressed b/c midterms are soon but I'm surviving.

Day 2 (Wednesday)

1. Did you exercise today?

No

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

I had conservatory again, had to study for calc

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.

Day 3 (Thursday)

1. Did you exercise today?
2. Were there any distractions that prevented you from exercising?
3. Did you use an app to track your exercise? If yes, then which app?
4. How are you feeling today? Elaborate if you want to.

Day 4 (Friday)

1. Did you exercise today?
2. Were there any distractions that prevented you from exercising?
3. Did you use an app to track your exercise? If yes, then which app?
4. How are you feeling today? Elaborate if you want to.

Day 5 (Saturday)

1. Did you exercise today?
Yes!
2. Were there any distractions that prevented you from exercising?
The SAT but I managed to get exercise in anyways (took a long walk)
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.