

Alex

Day 1

Did you exercise today?

Yes

Were there any distractions that prevented you from exercising?

No

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

No

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

Stressed, homework.

Day 2

Did you exercise today?

No, I did not

Were there any distractions that prevented you from exercising?

Too lazy

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

Nah

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

Sleepy

Day 3

Did you exercise today?

Yes, I did a run

Were there any distractions that prevented you from exercising?

No

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

Yes, Fitbit

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

Tired from the run

Stephen

Day 1

Did you exercise today?

Yeah, at the gym

Were there any distractions that prevented you from exercising?

Nope

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

Nope

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

Good! Talked with friends

Day 2

Did you exercise today?

Nah

Were there any distractions that prevented you from exercising?

Nope, just not a workout day

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

Doesnt apply.

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

Worked with friends on group project, tired.

Delilah

Day 3

Did you exercise today?

No

Were there any distractions that prevented you from exercising?

Working on stuff

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

Does not apply

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

Nothing happened, dissapointed

Day 1

Did you exercise today?

No

Were there any distractions that prevented you from exercising?

Sickness

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

No

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

Food poisoning, bedridden

Day 2

Did you exercise today?

No

Were there any distractions that prevented you from exercising?

Sickness

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

Unable to

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

Food poisoning, I'm getting better

Day 3

Did you exercise today?

Yes, did workouts at home

Were there any distractions that prevented you from exercising?

No

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

Liftoff!

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

Still recovering but almost there!