

### **Day 1**

1. Did you exercise today?
  - a. i didn't
2. Were there any distractions that prevented you from exercising?
  - a. busy with extracurriculars
3. Did you use an app to track your exercise? If yes, then which app?
  - a. i don't use apps
4. How are you feeling today? Elaborate if you want to.
  - a. busy

### **Day 2**

1. Did you exercise today?
  - a. yes
2. Were there any distractions that prevented you from exercising?
  - a. piano lesson
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

### **Day 3**

1. Did you exercise today?
  - a. no
2. Were there any distractions that prevented you from exercising?
  - a. just didn't want to
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