**Day 1**

1. Did you exercise today?

**Yes, I played basketball after school.**

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

**NO**

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

**NO**

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

**Good, just stressed about a quiz tomorrow.**

**Day 2**

1. Did you exercise today?

**Ya, I went to the gym.**

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

**NO**

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

**NO**

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

**Good overall and not as stressed.**

**Day 3**

1. Did you exercise today?

**No, I was too tired.**

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

**I had a lot of hw.**

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

**NO**

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

**Tired**