**Day 1**

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

**Day 2**

1. Did you exercise today?
   1. No
2. Were there any distractions that prevented you from exercising?
   1. Phone
3. Did you use an app to track your exercise? If yes, then which app?
   1. No
4. How are you feeling today? Elaborate if you want to.
   1. Stressed out

**Day 3**

1. Did you exercise today?
   1. yep
2. Were there any distractions that prevented you from exercising?
   1. Phone
3. Did you use an app to track your exercise? If yes, then which app?
   1. No
4. How are you feeling today? Elaborate if you want to.
   1. Better than yesterday