**Day 1**

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

**Day 2**

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

**Day 3**

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