**Day 1**

1. Did you exercise today?

**Yes, I went for a short run in the morning.**

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

**My phone.**

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

**Yes, I use Strava.**

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

**I feel a bit sluggish, but the run helped wake me up.**

**Day 2**

1. Did you exercise today?

**No, I wasn’t feeling up to it.**

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

**My phone.**

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.

**Kinda stressed.**

**Day 3**

1. Did you exercise today?

**Yes, I did a short home workout.**

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

**My phone.**

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.

**I feel more energized than yesterday.**