**Day 1**

1. Did you exercise today?

**Ya, at the gym**

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

**TikTok and insta**

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

**My apple watch tacker.**

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

**A little overwhelmed with school.**

**Day 2**

1. Did you exercise today?

**No**

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

**I had to do a lot of homework and studying.**

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 and Stressed.**

**Day 3**

1. Did you exercise today?

**Ya, at the gym.**

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

**TikTok and insta.**

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

**My apple watch tacker.**

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

**Overall happy and energetic.**