**Alex**

**Day 1**

1. Did you exercise today?

**Yes**

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.

**Stressed, homework.**

**Day 2**

1. Did you exercise today?

**No, I did not**

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

**Too lazy**

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

**Nah**

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

**Sleepy**

**Day 3**

1. Did you exercise today?

**Yes, I did a run**

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?

**Yes, Fitbit**

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

**Tired from the run**

**Stephen**

**Day 1**

1. Did you exercise today?

**Yeah, at the gym**

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

**Nope**

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

**Nope**

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

**Good! Talked with friends**

**Day 2**

1. Did you exercise today?

**Nah**

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

**Nope, just not a workout day**

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

**Doesnt apply.**

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

**Worked with friends on group project, tired.**

**Delilah**

**Day 3**

1. Did you exercise today?

**No**

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

**Working on stuff**

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

**Does not apply**

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

**Nothing happened, dissapointed**

**Day 1**

1. Did you exercise today?

**No**

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

**Sickness**

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.

**Food poisoning, bedridden**

**Day 2**

1. Did you exercise today?

**No**

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

**Sickness**

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

**Unable to**

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

**Food poisoning, I'm getting better**

**Day 3**

1. Did you exercise today?

**Yes, did workouts at home**

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?

**Liftoff!**

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

**Still recovering but almost there!**