Please place a mark along the line for each question. (See example)

PLEASE PUSH THE EVENT MARKER ON YOUR WATCH NOW

EXAMPLE:

How alert do you feel?

Very Little ____________________________ Very Much

1. How alert do you feel?

Very Little ____________________________ Very Much

2. How sad do you feel?

Very Little ____________________________ Very Much

3. How tense do you feel?

Very Little ____________________________ Very Much

4. How much of an effort is it to do anything?

Very Little ____________________________ Very Much

5. How happy do you feel?

Very Little ____________________________ Very Much

6. How weary do you feel?

Very Little ____________________________ Very Much

7. How calm do you feel?

Very Little ____________________________ Very Much

8. How sleepy do you feel?

Very Little ____________________________ Very Much

9. Overall, how do you feel?

Very Bad ____________________________ Very Good
10. How **clear-headed** do you feel?
   Very Little __________________________ Very Much

11. How **fatigued** do you feel?
   Very Little __________________________ Very Much

12. How **anxious** do you feel?
   Very Little __________________________ Very Much

13. How **exhausted** do you feel?
   Very Little __________________________ Very Much

14. How **relaxed** do you feel?
   Very Little __________________________ Very Much

15. How **forgetful** do you feel?
   Very Little __________________________ Very Much

16. How **efficient** do you feel?
   Very Little __________________________ Very Much

17. How **stressed** do you feel?
   Very Little __________________________ Very Much

18. How **energetic** do you feel?
   Very Little __________________________ Very Much

19. How **irritable** do you feel?
   Very Little __________________________ Very Much

20. How well are you able to **concentrate**?
   Very Poorly __________________________ Very Well