**Before exercise / relaxation** – delete the group that you are not part of

**Participant number:**

**Rate yourself on the below characteristics**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Definitely do not feel | Do not feel | Slightly feel | Definitely feel |
| Lively |  |  |  |  |
| Happy |  |  |  |  |
| Sad |  |  |  |  |
| Tired |  |  |  |  |
| Caring |  |  |  |  |
| Content |  |  |  |  |
| Gloomy |  |  |  |  |
| Jittery |  |  |  |  |
| Drowsy |  |  |  |  |
| Grouchy |  |  |  |  |
| High-spirited |  |  |  |  |
| Nervous |  |  |  |  |
| Calm |  |  |  |  |
| Loving |  |  |  |  |
| Fed up |  |  |  |  |
| Active |  |  |  |  |

**After exercise / relaxation** – delete the group that you are not part of

**Participant number:**

**Rate yourself on the below characteristics**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Definitely do not feel | Do not feel | Slightly feel | Definitely feel |
| Lively |  |  |  |  |
| Happy |  |  |  |  |
| Sad |  |  |  |  |
| Tired |  |  |  |  |
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| Loving |  |  |  |  |
| Fed up |  |  |  |  |
| Active |  |  |  |  |