**Devise five questions on a five point Likert scale that ask members of your group about their experience with your chosen task**

Kenny

1. On a scale from 1-5, how confident you are in your balancing ability?
   1. Not confident at all
   2. Low confidence
   3. Neutral
   4. High confidence
   5. Very confident
2. On a scale from 1-5, how often do you practice your balancing ability?

Yi:

1. To what extent does your favourite sport need balancing ability?

Yunzhao

1. On a scale from 1-5, how tired do you feel about the activity?

Yucheng

1. Do you prefer to stay at home or go out to do sport at free time, from 1 to 5？
2. How often do you walk everyday, from 1 to 5?

Tianyu

1. On a scale from 1-5, to what extent does your daily exercise require balancing skill.

Zhenyao

1. How much experience on this activity did you have before conducting this project
2. How likely are you to practice this activity after this project

Xuechun

1. How hard do you feel about this activity?
2. How do you think about your balancing ability in daily life?

Yuxing

1. On a scale from1-5, rate your confidence of this activity
2. To what extent do you like activities that require balancing ability?

Zhihao

How long does it take to return to normal after finishing exercise

Confidence

* On a scale from 1-5, how confident you are in your balancing ability?
* How hard do you feel about this activity?

Experience

* To what extent does your favourite sport need balancing ability?
* On a scale from 1-5, to what extent does your daily exercise require balancing skill.
* To what extent do you like activities that require balancing ability?
* On a scale from 1-5, how often do you practice your balancing ability?
* On a scale from 1-5, how tired do you feel about the activity?

Interest in Sports?

* Do you prefer to stay at home or go out to do sport at free time, from 1 to 5？
* How likely are you to practice this activity after this project

Excel sheet:

<https://docs.google.com/spreadsheets/d/11qvQMvo-khmUqS_nLVHn742i923U43YFkP6d3Baoqas/edit?usp=sharing>