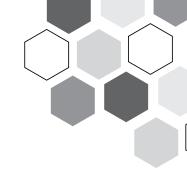
## EXERCISE-INDUCED FEELING INVENTORY (EFI) SURVEY



**Instructions:** Please use the following scale to indicate the extent to which each word describes how you feel at this moment in time. Record your responses by checking the appropriate box next to each word.

0 = Do not feel

1 = Feel slightly

2 = Feel moderately

3 = Feel strongly

4 = Feel very strongly

	0	1	2	3	4
1. Refreshed					
2. Calm					
3. Fatigued					
4. Enthusiastic					
5. Relaxed					
6. Energetic					
7. Нарру					
8. Tired					
9. Revived					
10. Peaceful					
l 1. Worn out					
12. Upbeat					

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