

Participant number: _____

Machine Treadmill ☐ Elliptical ☐ Row ☐

Mode 1 ☐ 2 ☐ 3 ☐

What is your current rating of perceived exertion on a scale of 0 to 10? _____

	Strongly disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
I found it cumbersome to watch the video	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At higher intensities it got harder to watch the video	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found it enjoyable to watch the video	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching the video enhanced my exercise experience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Any additional comments (write below)?

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At higher intensities it got harder to watch the video	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I found it enjoyable to watch the video	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Any additional comments (write below)?

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Please rank the three video viewing modes for the machine you have just exercised on :

1st place: 1 ☐ 2 ☐ 3 ☐

2nd place: 1 ☐ 2 ☐ 3 ☐

3rd place: 1 ☐ 2 ☐ 3 ☐

Any final comments (write below)?