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Daily Survey

1 message

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Wed, Mar 4, 2020 at 10:25 PM

Reply-To: junkiecat@gmail.com

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I've invited you to fill out a form:

Daily Survey

The number next to the answer is the score for that question and will be calculated with the rest of the question scores. Highest possible score 35 points ; Lowest 7 points

Did you have a calm commute?

- ☐ 1 Screaming in my car mad
- ☐ 2 Fuming
- ☐ 3 Annoyed
- ☐ 4 Flustered
- ☐ 5 As calm as can be when driving
- ☐ Other:

Did you feel awake and alert throughout the day?

- ☐ 1 Dead tired
- ☐ 2 Lethargic
- ☐ 3 Space cadetting occasionally
- ☐ 4 Reasonably engaged
- ☐ 5 Completely engaged

How successful were you at completing all necessary tasks?

- ☐ 1 None completed

- ☐ 2 Majority not completed
- ☐ 3 Half completed
- ☐ 4 Majority Completed
- ☐ 5 All tasks completed

Did you consume a better balanced diet today?

- ☐ 1 All junk food
- ☐ 2 More junk than healthy food
- ☐ 3 Equal mixture of both junk and healthy foods
- ☐ 4 More healthy food
- ☐ 5 All healthy food

Did you make adequate progress on OOC work?

- ☐ 1 Made no progress
- ☐ 2 Made little progress
- ☐ 3 Made decent amount of progress
- ☐ 4 Completed adequate work
- ☐ 5 Actually ahead in a class

Does the calendar motivate you to complete the tasks listed?

- ☐ 1 Not at all
- ☐ 2 A little bit
- ☐ 3 Varies by day
- ☐ 4 A decent amount
- ☐ 5 All the time

Is getting to bed and waking up on time easier?

- ☐ 1 Not at all
- ☐ 2 Slightly easier but still very tough
- ☐ 3 Varies by day
- ☐ 4 Consistently a bit easier
- ☐ 5 Very easy

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