

State Survey: Before Activity

Please answer the following questions based on what you are thinking and feeling right now.

1)	How well do you think you will do on the activity?	Not well at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very well	<input type="radio"/>
2)	How anxious or nervous are you right now?	Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much	<input type="radio"/>
3)	How calm and confident are you right now?		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
4)	How much are you worrying about being judged negatively?		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>
5)	How much are you thinking about performing well?		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>