* **Action/inaction goal/intention measures**

Please indicate the extent to which you agree with each statement on the 11-point scale.

1. I am feeling energetic.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

1. I feel like moving.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

1. If I could, I would gladly take a nap after this session.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

1. If I could, I would go work out after this session.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

1. I want to get some rest.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

1. Today I am motivated to get a lot of work done.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

1. My goal for today is to relax as much as possible.

Not at all 0 1 2 3 4 5 6 7 8 9 10 Extremely

* **Active state measures**

1. Thinking about when you were completing the previous task, did you feel that you were **moving** at that time?

Not at all Very much

0 1 2 3 4 5 6 7 8 9 10

1. Thinking about when you were completing the previous task, did you feel that you were **static** at that time?

Not at all Very much

0 1 2 3 4 5 6 7 8 9 10

1. Thinking about when you were completing the previous task, did you feel that you were **active** at that time?

Not at all Very much

0 1 2 3 4 5 6 7 8 9 10

1. Thinking about when you were completing the previous task, did you feel that you were **passive** at that time?

Not at all Very much

0 1 2 3 4 5 6 7 8 9 10