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| Procedure   1. What is your age? 2. What is your gender? 3. What is your grade? 4. Do you or have you played within the last year a competitive sport for Amador (anything except for golf)? If yes skip to 7., yes / no 5. Do you strenuously exercise three or more times a week (20 minutes of cardio=strenuous)? If yes skip to 7. Yes / no 6. Do you exercise little or rarely? Yes / no 7. What is your cumulative GPA? 8. How many AP classes are you taking? 9. How many hours of homework do you do per night? 0-1 1-2 3-4 more 10. How many hours of sleep do you get per night? 0-4 5-7 8-12 more 11. Have you ever been disciplined by the school administration? Yes / no 12. Do you feel stress about your friends one or more times per week? Yes / no 13. Would you classify yourself as a leader or a follower within your peer group? 14. How would you rate your confidence level: Very Somewhat or a little confident? 15. Do you fight with your family or experience more family problems when stressed? Yes / no 16. Do you have a trusted family member you confide in when stressed? Yes / no 17. Do you consider yourself healthy? Yes / no 18. Do you consider yourself physically fit? Yes / no 19. Do you feel confident in stressful situations? Yes / no 20. Do you frequently take naps (3 or more times per week) after school? Yes / no 21. Are you overweight? Yes / no 22. Do you have any stress related health problems? Yes / no If yes which: 23. Do you smoke cigarettes? Yes / no 24. Do you drink alcohol? Yes / no 25. Do you use illegal drugs? Yes / no 26. Do you get three nutritious meals a day? Yes / no 27. Do you regularly feel sick or run down? Yes / no 28. Do you experience insomnia? Yes / no 29. Do you experience back or muscle pain? Yes / no 30. Do you experience mood swings? Yes / no 31. Do you ever fall asleep in class? Yes / no 32. ([protocol](http://docs.google.com/procedure2.html))   [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |