

Question 1.

How do you feel BEFORE STARTING?

Very bad		Bad		Slightly bad	Neutral	Slightly good		Good		Very good
-5	-4	-3	-2	-1	0	1	2	3	4	5

Question 2.

How did you sleep last night?

Very bad	Bad	Slightly bad	Slightly good	Good	Very good
1	2	3	4	5	6

HOW INTENSE WAS THE EXERCISE?

0	Rest	
1	Very, very easy	
2	Easy	
3	Moderate	
4	Somewhat hard	
5	Hard	
6		
7	Very hard	
8		
9		
10	Maximal	

Question 3.

How do you feel AFTER COMPLETING THE TRAINING SESSION?

Very bad		Bad		Slightly bad	Neutral	Slightly good		Good		Very good
-5	-4	-3	-2	-1	0	1	2	3	4	5

Question 4.

WHAT DID YOU THINK OF THE TRAINING?










	1	2	3	4	5	6	7	
I find it pleasurable								I find it unpleasurable
No es nada divertido								It's a lot of fun
It's very pleasant								It's very unpleasant
It's very invigorating								It's not at all invigorating
It's very gratifying								It's not at all gratifying
It's very exhilarating								It's not at all exhilarating
It's not at all stimulating								It's very stimulating
It's very refreshing								It's very unrefreshing

Mullen, S. P., Olson, E. A., Phillips, S. M., Szabo, A. N., Wójcicki, T. R., Mailey, E. L., ... & McAuley, E. (2011). Measuring enjoyment of physical activity in older adults: invariance of the physical activity enjoyment scale (paces) across groups and time. *International Journal of Behavioral Nutrition and Physical Activity*, 8, 1-9.

Question 5.

Now we want to assess the cognitive load you felt during this activity. Please indicate:

WHAT WAS YOUR MENTAL EFFORT REQUIRED?

								
Very, very low mental effort	Very low mental effort	Low mental effort	Rather low mental effort	Neither low nor high mental effort	Rather high mental effort	High mental effort	Very high mental effort	Very, very high mental effort
1	2	3	4	5	6	7	8	9

Paas, F., Tuovinen, J. E., Tabbers, H., and van Gerven, P. W. M. (2003). Cognitive Load Measurement as a Means to advance Cognitive Load Theory. Educ. Psychol. 38 (1), 63–71.
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