

In reference to which day are you completing the survey right now?

Month

Day

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Where did you spend your working hours today?

- ☐ Remote (e.g., home)
- ☐ Hybrid (some time in the office and some time at home)
- ☐ Onsite (e.g., office)

Considering today's work, how would you rate your level of stress?

- ☐ Not at all
- ☐ Slightly stressed
- ☐ Moderately stressed
- ☐ Very stressed
- ☐ Extremely stressed

Overall, how productive do you feel you were today?

- ☐ Extremely low
- ☐ Very low
- ☐ Somewhat low
- ☐ Moderately
- ☐ Somewhat high
- ☐ Very high
- ☐ Extremely high