

Should you exercise today? (P14)

How many hours of sleep did you get last night?

<input type="checkbox"/>	0-4
<input type="checkbox"/>	5-7
<input type="checkbox"/>	8-9

Did you carbo load?

<input type="checkbox"/>	Yes
<input type="checkbox"/>	No

What level of intensity to you exercise at yesterday?

<input type="checkbox"/>	I didn't work out
<input type="checkbox"/>	Moderate intensity
<input type="checkbox"/>	High intensity

P14

A1



P13



Daily Thoughts (P3)

What did you think about most in the morning?

<input type="checkbox"/>	Family
<input type="checkbox"/>	Work
<input type="checkbox"/>	Entertainment

What did you think about during the day?

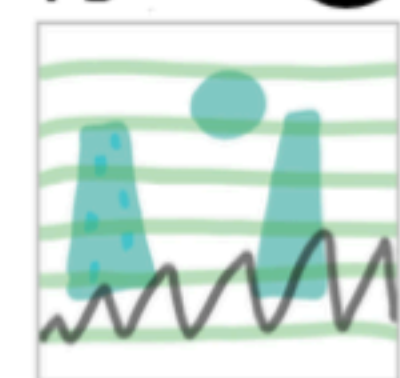
<input type="checkbox"/>	The past
<input type="checkbox"/>	The present
<input type="checkbox"/>	The future

What was on your mind in the evening?

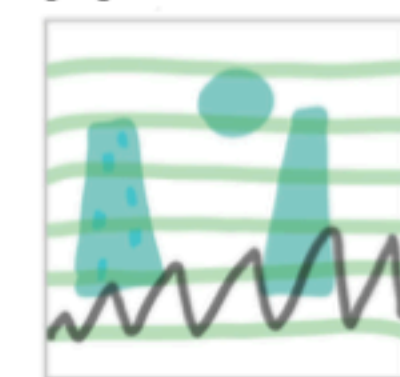
<input type="checkbox"/>	Relaxing
<input type="checkbox"/>	Catching up with work
<input type="checkbox"/>	Breakfast

P3

A2



P1



How are you feeling right now? (P2)

Which best describes how you feel?

<input type="checkbox"/>	Happy
<input type="checkbox"/>	Sad
<input type="checkbox"/>	Angry
<input type="checkbox"/>	Blank
<input type="checkbox"/>	Anxious

How intense is that feeling?

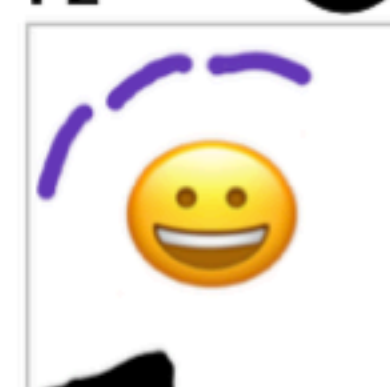
<input type="checkbox"/>	1 - Mild
<input type="checkbox"/>	2
<input type="checkbox"/>	3
<input type="checkbox"/>	4
<input type="checkbox"/>	5 - Strong

How long have you been feeling this way?

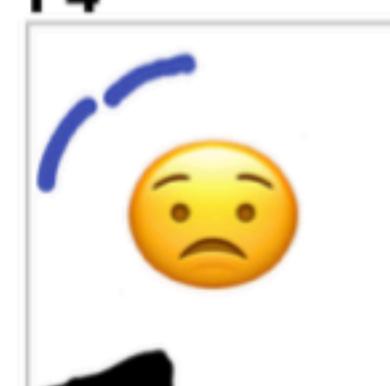
<input type="checkbox"/>	1-2 hrs
<input type="checkbox"/>	3-4 hrs
<input type="checkbox"/>	5-6 hrs
<input type="checkbox"/>	7-8 hrs
<input type="checkbox"/>	9-10 hrs

P2

B1



P4



Things around me (P10)

Which do you prefer?

<input type="checkbox"/>	Pencil
<input type="checkbox"/>	Pen
<input type="checkbox"/>	Paintbrush

What medium is you favorite?

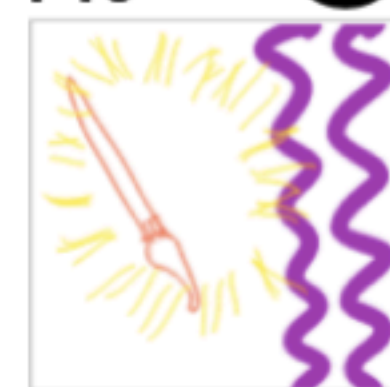
<input type="checkbox"/>	Digital
<input type="checkbox"/>	Acrylic paints
<input type="checkbox"/>	Paper

Do you consider yourself creative?

<input type="checkbox"/>	Yes
<input type="checkbox"/>	No

P10

B2



P12





