

Participant Name or ID#	
Date	

**Physical Activity Enjoyment Scale** (short form)

Please rate how you feel at the moment about the activity (music and movement class) you have been doing.

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I enjoy it

☐ Strongly disagree    ☐ Disagree    ☐ Neither agree nor disagree    ☐ Agree    ☐ Strongly agree

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I find it pleasurable

☐ Strongly disagree    ☐ Disagree    ☐ Neither agree nor disagree    ☐ Agree    ☐ Strongly agree

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It is very pleasant

☐ Strongly disagree    ☐ Disagree    ☐ Neither agree nor disagree    ☐ Agree    ☐ Strongly agree

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It feels good

☐ Strongly disagree    ☐ Disagree    ☐ Neither agree nor disagree    ☐ Agree    ☐ Strongly agree

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