

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.

I enjoy it

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

I find it pleasurable

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

It is very pleasant

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree

It feels good

Strongly disagree Disagree Neither agree nor disagree Agree Strongly agree
