



## Daily Block – Before Task2

Before we give you today's task, indicate your current mood by clicking the appropriate radio button below.

- -5 means **extremely negative**
- 0 means **neutral**, and
- +5 means **extremely positive**.

	Extremely negative					Neutral					Extremely positive				
	-5	-4	-3	-2	-1	0	1	2	3	4	5				
Your mood BEFORE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				

Next, we'd like you to perform the following task within the next 24 hours. Please spend at least 30 seconds on the task.

- **Wash your hands**

Some suggestions about what to focus on while washing your hands:

- The texture, scent, and feel of the soap
- The temperature and sound of the water
- The sensation of the towel as you dry your hands

If you are not going to complete the task now, you may exit the survey by closing the browser window. You can return to this point by clicking on the original survey link in the email after you have done the task.

Once you have completed the task, click 'next' below to continue.

## **Daily Block – After Task2**

Now that you are done, click on the radio button below to describe your mood immediately after completing the task.

- -5 means **extremely negative**
- 0 means **neutral**, and
- +5 means **extremely positive**.

Extremely negative

Neutral

Extremely positive

-5

-4

-3

-2

-1

0

1

2

3

4

5

Your mood AFTER