Physical activity enjoyment

When I am active...

	disagree a lot					agree a lot
1.	I enjoy it.					
2.	I feel bored.					
3.	I dislike it.					
4.	I find it pleasurable.					
5.	it's no fun at all.					
6.	it gives me energy.					
7.	it makes me depressed.					
8.	it's very pleasant.					
9.	my body feels good.					
10.	I get something out of it.					
11.	it's very exciting.					
12.	it frustrates me.					
13.	it's not at all interesting.					
14.	it gives me a strong feeling of success.					
15.	it feels good.					
16.	I feel as though I would rather be doing something else.					