## Physical activity enjoyment

## When I am active...

disagree a lot
$\square$

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. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 12. it frustrates me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 13. it's not at all interesting. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 14. it gives me a strong feeling <br> of success. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 15. it feels good. |  |  |  |  |  |
| 16. I feel as though I would <br> rather be doing something <br> else. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

