

How Do You Feel?

This inventory contains a number of items designed to reflect how you feel at this particular moment in time (i.e., Right Now). Please circle the number on each item that indicates **HOW YOU FEEL RIGHT NOW**.

I FEEL:

- | | | | | | | |
|----------------|---|---|------------|---|---|--------------|
| 1. Great | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 2. Awful | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 3. Drained | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 4. Positive | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 5. Crummy | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 6. Exhausted | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 7. Strong | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 8. Discouraged | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 9. Fatigued | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |
| 10. Terrific | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | moderately | | | very much so |

Subjective Exercise Experience Scale

11. Miserable						
1	2	3	4	5	6	7
not at all			moderately			very much so
12. Tired						
1	2	3	4	5	6	7
not at all			moderately			very much so

Subjective Exercise Experiences Scale :

$$\text{PWB} = 1 + 4 + 7 + 10$$

$$\text{PD} = 2 + 5 + 8 + 11$$

$$\text{FAT} = 3 + 6 + 9 + 12$$

McAuley, E., & Courneya, K. (1994). The Subjective Exercise Experiences Scale (SEES): Development and preliminary validation. *Journal of Sport & Exercise Psychology*, 16, 163-177.