

Question		1	2	3	4	5	6
How HAPPY were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
How JOYFUL were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
How STRESSED were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
How MAD or ANGRY were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
How NERVOUS or ANXIOUS were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
How SAD were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
How TIRED were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
How ENERGETIC were you feeling just before the beep went off?	Not at all	A little	Quite a bit	Extremely			
What were you DOING right before the beep went off? (Choose your main activity)	Reading; Computer; or	Watching TV/Mov	Playing video game	Active Play; Sports; or	Other		
What was this OTHER activity?	Eating/Drinking	Talking/On the ph	Chores	Riding in a car	Something else		
Were you?	Lying down	Sitting	Standing	Walking	Running		
Does this activity MAKE YOU FEEL OUT OF BREATH?	Not at all	Sort of	Very much				
How LONG have you been doing this activity?	Less than 15 minutes	15-30 minutes	30-60 minutes	1-2 hours	More than 2 hours		
How much FUN is this activity?	Not at all	A little	Quite a bit	Extremely			
Are you doing this activity because you want to do it?	Yes	No					
Are you doing this activity because your FRIENDS want you to do it?	Yes	No					
Are you doing this activity because your PARENTS want you to do it?	Yes	No					
Are you doing this activity because your TEACHER wants you to do it?	Yes	No					
WHERE were you just before the beep went off?	Home	School	Car/Van/Truck	Outdoors	Other		
WHERE were you OUTDOORS just before the beep went off?	Park or Trail	Road	Sidewalk	Parking Lot	Other		
WHERE was this OTHER place?	Restaurant	Store/Mall	Someone else's ho	Gym/Rec center	Someplace else		
WHERE were you at the PARK just before the beep went off?	Playground	Sports field	Basketball/tennis c	Picnic Area	Beach	Other	
How many TREES AND PLANTS are there in the area where you are right now?	No trees or plants	Some trees and p	A lot of trees and plants				
How much TRAFFIC is on the closest street to where you are right now?	No traffic	A little traffic	A lot of traffic				
How SAFE do you feel where you are right now?	Unsafe	Somewhat safe	Very safe				
How FAR are you from your home right now?	At home	A few blocks awa	More than a few blocks away				
How did you get here?	Walked	Rode my bike	Car/Van/Truck	Bus/Subway/Train			
How much space is there to RUN AROUND AND BE ACTIVE where you are right now?	No space	A little space	A lot of space				
Were you ALONE just before the beep went off?	Yes	No					
Were you with your MOM or DAD just before the beep went off?	Yes	No					
Were you with your SISTER(S) or BROTHER(S) just before the beep went off?	Yes	No					
Were you with OTHER FAMILY MEMBERS (COUSINS; AUNTS; UNCLES) just before the beep?	Yes	No					
Were you with FRIEND(S) just before the beep went off?	Yes	No					
Were you with your CLASSMATES just before the beep went off?	Yes	No					
Were you with PEOPLE YOU DONâ€™T KNOW just before the beep went off?	Yes	No					

Other

Other

7

8

9

10