

Mood Ratings

You are to rate your mood for days when you do exercise *and* days for when you do not. Try to rate your mood at the same point of each day. (i.e. mid-day, evening, etc).

1	I feel awful. I couldn't feel worse than this.
2	I feel very bad.
3	I feel bad.
4	I feel meh.
5	I feel so-so.
6	I feel okay.
7	I feel good.
8	I feel very good.
9	I feel great
10	I feel incredibly great! I feel like I can conquer anything.

