Appendix 3. Momentary and contextual questions

Momentary questions

1. I feel...
   a. Great
   b. Good
   c. Ok
   d. Not good
   e. Not good at all

2. How rested do I feel?
   a. Very rested
   b. Somewhat rested
   c. Neither rested nor tired
   d. Somewhat tired
   e. Very tired

3. How worried do I feel?
   a. Very worried
   b. Quite worried
   c. Somewhat worried
   d. A little worried
   e. Not at all worried

4. Am I enjoying myself?
   a. A lot
   b. Quite a lot
   c. Somewhat
   d. Not much
   e. Not at all

5. How energetic do I feel?
   a. Very energetic
   b. Fairly energetic
   c. Moderately energetic
   d. Not very energetic
   e. Not at all energetic

Contextual questions

1. Right now, I am...
   a. At home
   b. At work
   c. At the shops
   d. Outside
   e. At a Café or Restaurant
   f. In Transport
   g. At a Friend’s or Family
   h. In a Clinic
   i. Other

2. Right now, I am...
   a. Relaxing
b. Working

c. Shopping

d. Looking After Others

e. Eating or Drinking

f. Travelling

g. Exercising

h. Waiting

i. None