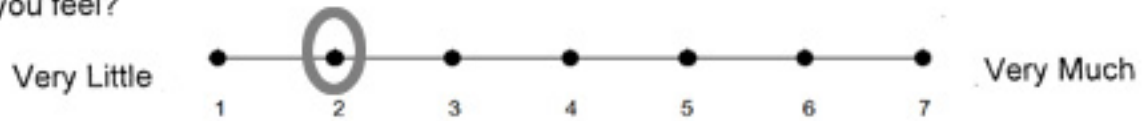

Date / /
 m m / d d / y y

Time _____ AM / PM

EXAMPLE:

How alert do you feel?



1. How **alert** do you feel?



2. How **sad** do you feel?



3. How **tense** do you feel?



4. How much of an **effort** is it to do anything?



5. How **happy** do you feel?



6. How **weary** do you feel?



7. How **calm** do you feel?



8. How **sleepy** do you feel?



9. **Overall**, how do you feel?

