When I started the session my mood was:

Low   1   2   3   4   5   6   7   8   9   10   Excellent

When I finished the session my mood was:

Low   1   2   3   4   5   6   7   8   9   10   Excellent

Name

Activity just completed

I demonstrated leadership qualities by: (circle keywords)
- Coaching
- Timekeeping
- Motivating
- Encouraging
- Decision Making
- Team captain
- Referring
- Scoring

I could improve by: (circle maximum of 2)
- Participating more
- Listening
- Following instructions
- Being safe
- Trying harder
- Staying focused
- Increasing physical effort
- communicating appropriately

Most of the time this activity made me feel: (Circle the word. Can be more than 1)

- Friendly
- Anxious
- Bored
- Calm
- Fit
- Nervous
- Happy
- Proud
- Hot
- Energised
- Sore
- Tired
- Numb
- Pumped
- Glad it’s over
- Worked out

Other:

I enjoyed todays activity

I disliked this activity

Todays activity was ok

I was active for:
- Whole lesson
- 1/4 lesson
- 1/2 lesson
- None of lesson

I was active for:

I could improve by:

When I started the session my mood was:

Low   1   2   3   4   5   6   7   8   9   10   Excellent

When I finished the session my mood was:

Low   1   2   3   4   5   6   7   8   9   10   Excellent