

PHYSICAL SELF CONFIDENCE SURVEY

For each question circle the statement that is most like you

Name:				
Question 1	I run very slowly	I run slowly	I run fast	I run very fast
Question 2	I am able to do very difficult exercises	I am able to do difficult exercises	I am able to do only easy exercises	I am able to do only very easy exercises
Question 3	My muscles are very weak	My muscles are weak	My muscles are strong	My muscles are very strong
Question 4	I move very rapidly	I move rapidly	I move slowly	I move very slowly
Question 5	I feel very insecure when I move	I feel somewhat insecure when I move	I feel good when I move	I feel really good when I move
Question 6	I don't feel tired at all when I move	I don't feel tired when I move	I feel tired when I move	I feel very tired when I move

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