



GENERAL DATA

Name: _____
Date of birth: ____/____/____
Body mass: _____ kg
Height: _____ cm
Sex: Male Female
Training session duration (hours) _____
Weekly training frequency (days) _____
Training experience (months) _____
Hazards of physical training Yes No
 Lasting more than 15 days Yes No

QUESTIONNAIRE

1) How many hours do you work and/or study daily?

- no work/study (0) 1 - 4 hours (1) 4 – 8 hours (2)
 8 – 12 hours (3) > 12 hours (4)

2) Does your work and/or study require physical and/or intellectual effort?

- physical (4) intellectual (0)

3) Is your exercise session impaired when you work/study hard?

- Yes (4) No (0)

4) Do you work/study tired?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

5) After work and/or study, are you tired?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

6) Is your training/lesson monotonous, boring, or repetitive?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

7) Do you train/work tired?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

8) Do you usually train/work motivated?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)



9) How do you rate your workout? (check only one alternative)

- 6
7 very, very light
8
9
10 very light
11
12 slightly light
13
14 a little heavy
15
16 heavy
17
18 very heavy
19
20 very, very heavy

10) How do you evaluate your physical performance? (check only one alternative)

- 6
7 very, very poor performance
8
9
10 very poor performance
11
12 poor performance
13
14 regular performance
15
16 good performance
17
18 very good performance
19
20 very, very good performance

11) How do you evaluate your physical recovery after the training sessions? (check only one alternative)

- 6
7 very, very poor recovery
8
9
10 very poor recovery
11
12 poor recovery
13
14 reasonable recovery
15



- 16 good recovery
17
18 very good recovery
19
20 very, very good recovery

12) How many times do you rest (do not train/work) weekly?

- 4 times (0) 3 times (1) 2 times (2) 1 time (3) none (4)

13) How many months a year do you do not training/work?

- none (4) < 1 month (3) ≥ 1 month (2)

14) Do you usually do steam room, whirlpools, massage, relaxation techniques or therapy?

- Yes (0) No (4)

15) Soon after the training session/work you do some light exercise or stretching?

- Yes (0) No (4)

16) Do you feel physical fatigue during or after training/class/work?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

17) Have you felt a lack of energy or desire during the training/work or during the day?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

18) Do you consider yourself a person with high motivation to train/work?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

19) Do you mind if you do not train/work?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

20) Do you consider yourself to be competitive with yourself?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

21) How many meals do you usually have per day?

- 1 2 3 4 ≥5

22) How much time after the training/work do you eat?

- ≤ 2 hours 2-3 hours 3 - 4 hours > 4 hours

23) Do you usually eat bread, pasta, potatoes, cassava or fruits?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

24) Do you usually eat chicken, meat, fish, eggs, milk, yogurt or cheese?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)



25) Do you usually eat vegetables and veggies?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

26) How many glasses of water do you drink daily?

- 2-4 4-6 6-8 >8

27) How many glasses of water do you drink up to two hours after training?

- 1 2 3 ≥4

28) How many glasses of water do you drink during your workout?

- 1 2 3 ≥4

29) Do you take dietary supplements to improve your performance?

- Yes No

30) Are your external obligations and problems currently impairment your training/work?

- No
 Yes: Which? Educational problems. Professional problems. Financial problems.
 Relationship problems Losses. Self esteem

31) How often does this occur? Never (0) a little (1) moderately (2) quite (3) extremely (4)

32) Did you have any type of injury or illness related to physical exercise? If yes, which are?

- Yes _____ No

33) How many hours do you sleep at night?

- <4 hours (4) 4 - 5 hours (3) 5 - 6 hours (2) 6 - 7 hours (1) >7 hours (0)

34) Do you usually have a peaceful sleep?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

35) Do you have trouble to sleeping?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

36) Do you wake up often at night?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

37) Do you usually have nightmares?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)

38) Did you have changes in your appetite lately?

- Never (0) a little (1) moderately (2) quite (3) extremely (4)



39) Have you been losing weight lately without a diet/regimen?

Never (0) a little (1) moderately (2) quite (3) extremely (4)

40) Have you noticed an increase in the amount of sweat lately?

Never (0) a little (1) moderately (2) quite (3) extremely (4)

41) Did you have many colds lately?

Never (0) a little (1) moderately (2) quite (3) extremely (4)

42) Have you been experiencing many colds for only 1 day lately?

Never (0) a little (1) moderately (2) quite (3) extremely (4)



PROFILE OF MOOD STATES

Directions: Describe HOW YOU FEEL RIGHT NOW by circling the most appropriate number after each of the words listed below:

FEELING	Not at all	A little	Moderate	Quite a bit	Extremally
1. Friendly	1	2	3	4	5
2. Tense	1	2	3	4	5
3. Angry	1	2	3	4	5
4. Worn Out	1	2	3	4	5
5. Unhappy	1	2	3	4	5
6. Clear-headed	1	2	3	4	5
7. Lively	1	2	3	4	5
8. Confused	1	2	3	4	5
9. Sorry for things done	1	2	3	4	5
10. Shaky	1	2	3	4	5
11. Listless	1	2	3	4	5
12. Peeved	1	2	3	4	5
13. Considerate	1	2	3	4	5
14. Sad	1	2	3	4	5
15. Active	1	2	3	4	5
16. On edge	1	2	3	4	5
17. Grouchy	1	2	3	4	5
18. Blue	1	2	3	4	5
19. Energetic	1	2	3	4	5
20. Panicky	1	2	3	4	5
21. Hopeless	1	2	3	4	5
22. Relaxed	1	2	3	4	5
23. Unworthy	1	2	3	4	5
24. Spiteful	1	2	3	4	5
25. Sympathetic	1	2	3	4	5
26. Uneasy	1	2	3	4	5
27. Restless	1	2	3	4	5
28. Unable to	1	2	3	4	5
29. Fatigued	1	2	3	4	5
30. Helpful	1	2	3	4	5
31. Annoyed	1	2	3	4	5
32. Discouraged	1	2	3	4	5
33. Resentful	1	2	3	4	5
34. Nervous	1	2	3	4	5
35. Lonely	1	2	3	4	5
36. Miserable	1	2	3	4	5
37. Muddled	1	2	3	4	5
38. Cheerful	1	2	3	4	5
39. Bitter	1	2	3	4	5
40. Exhausted	1	2	3	4	5



Universidade Federal de Goiás
Faculdade de Educação Física e Dança
Setor de Fisiologia Humana e do Exercício

41. Anxious	1	2	3	4	5
42. Ready to fight	1	2	3	4	5
43. Good-natured	1	2	3	4	5
44. Gloomy	1	2	3	4	5
45. Desperate	1	2	3	4	5
46. Sluggish	1	2	3	4	5
47. Rebellious	1	2	3	4	5
48. Helpless	1	2	3	4	5
49. Weary	1	2	3	4	5
50. Bewildered	1	2	3	4	5
51. Alert	1	2	3	4	5
52. Deceived	1	2	3	4	5
53. Furious	1	2	3	4	5
54. Effacious	1	2	3	4	5
55. Trusting	1	2	3	4	5
56. Full of pep	1	2	3	4	5
57. Bad-tempered	1	2	3	4	5
58. Worthless	1	2	3	4	5
59. Forgetful	1	2	3	4	5
60. Carefree	1	2	3	4	5
61. Terrified	1	2	3	4	5
62. Guilty	1	2	3	4	5
63. Vigorous	1	2	3	4	5
64. Uncertain about things	1	2	3	4	5
65. Bushed	1	2	3	4	5