

Question types

I feel I'm being **active**

A horizontal row of seven teal-colored circles, each containing a white number from 1 to 7.

Not at all

Moderate

Very

Likert scale

Denk aan de voor jou **belangrijkste gebeurtenis** sinds de vorige piep.

Deze gebeurtenis was:

A horizontal row of seven teal-colored circles, each containing a white number from -3 to 3.

heel onplezierig

heel plezierig

Bipolar scale

Hvor **INTERESSERT** har du vært i det du har holdt på med?

A horizontal line with a teal-colored slider knob positioned at approximately one-third of the way from the left. The left end is labeled 'ingenting' and the right end is labeled 'veldig mye'.

ingenting

veldig mye

OK

Visual analog scale

What am I doing (just before the beep)?

- ☒ resting
- ☐ work, school
- ☐ housekeeping, shopping
- ☐ hygiene
- ☐ eating, drinking
- ☐ active relaxation
- ☒ passive relaxation
- ☐ something else

OK

Multiple choice