**Post-test Questionnaire**

1. Circle your average exertion during the previous trial on the scale below.



1. If you had physical symptoms at the beginning of testing, how did the warm-up affect these symptoms?
	1. Symptom A
* Improved symptoms
* No effect on symptoms
* Exacerbated symptoms
	1. Symptom B
* Improved symptoms
* No effect on symptoms
* Exacerbated symptoms
	1. Symptom C
* Improved symptoms
* No effect on symptoms
* Exacerbated symptoms
1. Rate the overall effect of the warm-up compared to your expectations.
* More negative effect than expected
* Same effect as expected
* More positive effect than expected