

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Trial no.: \_\_\_\_\_

### Attentional Focus Rating Scale and Content

Please indicate how frequently you focused on thoughts from each category during the 3km time-trial:

#### 1) Active Self-Regulation

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always

Did you use any of the active self-regulation thought examples listed here during the time-trial? If yes, could you elaborate?  
(e.g. pacing, tactics, relaxing, chunking, self-talk or mantras, improving running technique, improving cadence/rhythm, mindfulness, objectives/targets, imagery/visualisation, counting, meditation, etc):

#### 2) Internal Sensory Monitoring

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always

Did you use any of the internal sensory monitoring thought examples listed here during the time-trial? If yes, could you elaborate?  
(e.g. overall effort or feel, bodily sensations (body movement/form, exertional pain, muscle soreness, fatigue, breathing, temperature, thirst, perspiration), heart rate, injury, etc):

Please indicate how frequently you focused on thoughts from each category during the 3km time-trial:

### 3) Outward Monitoring

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always

Did you use any of the outward monitoring thought examples listed here during the time-trial? If yes, could you elaborate?  
(e.g. treadmill noise, treadmill speed, distance display, lab conditions (e.g. temperature), recording sheets, etc.):

### 4) Distraction

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always

Did you use, or experience any of the distraction thought examples listed here during the time-trial? If yes, could you elaborate?  
(e.g. intentionally switching off, other people in the lab, imagined distractive music, reflective thoughts, irrelevant daydreams, etc.):

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Trial no.: \_\_\_\_\_

**Attentional Focus Rating Scale and Content checklist****1) Active Self-Regulation**

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always
<ul style="list-style-type: none"> <li>o Pacing and tactics</li> <li>o Relaxing</li> <li>o Chunking</li> <li>o Self-talk/mantras</li> </ul>				<ul style="list-style-type: none"> <li>o Improving running technique</li> <li>o Improving cadence/rhythm</li> <li>o Mindfulness</li> <li>o Objectives/targets</li> </ul>				<ul style="list-style-type: none"> <li>o Imagery/visualisation</li> <li>o Counting</li> <li>o Meditation</li> <li>o Other: _____</li> </ul>		

**2) Internal Sensory Monitoring**

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always
<ul style="list-style-type: none"> <li>o Body movement/form, Exertional pain,</li> <li>o Muscle soreness</li> <li>o Fatigue,</li> </ul>				<ul style="list-style-type: none"> <li>o Breathing</li> <li>o Temperature</li> <li>o Thirst</li> <li>o Perspiration</li> </ul>			<ul style="list-style-type: none"> <li>o Overall effort or feel</li> <li>o Heart rate</li> <li>o Injury</li> <li>o Other: _____</li> </ul>			

**3) Outward Monitoring**

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always
<div><div></div><div>o Treadmill noise,</div><div>o Treadmill speed,</div><div>o Distance display,</div></div>					<div><div></div><div>o Lab conditions (e.g. temperature),</div><div>o Recording sheets, etc.</div><div>o Other: _____</div></div>					

**4) Distraction**

0	1	2	3	4	5	6	7	8	9	10
Never	Almost never	Rarely	Seldom	Sometimes	Occasionally	Often	Frequently	Most of the time	Almost always	Always
<ul style="list-style-type: none"><li>o Intentionally switching off</li><li>o Other people in the lab</li><li>o Imagined distractive music</li></ul>					<ul style="list-style-type: none"><li>o Reflective thoughts,</li><li>o Irrelevant daydreams</li><li>o Other: _____</li></ul>					