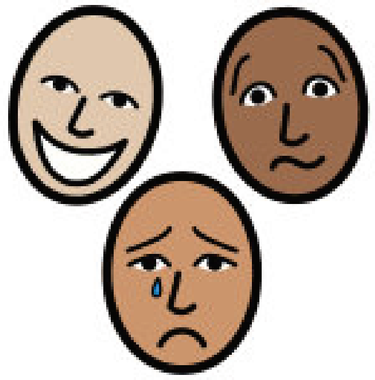
SHEET 1



FEELINGS

	never	rarely	sometimes	often	always
I feel optimistic					
I feel useful					
I feel relaxed					
I can deal with problems					
I can think clearly					
I feel close to other people					
I can make up my own mind					

FULL POTENTIAL

SHEET 2

 WHEN  I  FEEL SAD	never	hardly ever	once in a while	some of the time	often or always
 I feel I lack companionship					
 I feel left out					
 I feel  isolated from  other people					
 I feel lonely					

FULL POTENTIAL

SHEET 3

PHYSICAL ACTIVITY

| | | |