

**Feeling Scale (FS)**  
(Hardy & Rejeski, 1989)

While participating in exercise, it is common to experience changes in mood. Some individuals find exercise pleasurable, whereas others find it to be unpleasant. Additionally, feeling may fluctuate across time. That is, one might feel good and bad a number of times during exercise. Scientists have developed this scale to measure such responses.

**+5 Very good**

**+4**

**+3 Good**

**+2**

**+1 Fairly good**

**0 Neutral**

**-1 Fairly bad**

**-2**

**-3 Bad**

**-4**

**-5 Very bad**