

Task 4	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____
Task 5	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____	_____ reps How well did I do my reps? (1-5) _____

KEY:

1 = Can't do it at all

2 = A lot of trouble completing task

3 = Some trouble completing task

4 = A little trouble completing task

5 = No trouble completing task

