

Questions 47 - 56 have to do with how you might organize the timing of various activities if you were free to plan your day according to when you feel your best. Please answer the questions based on your body's "feeling best" times.

47. Imagine: School is cancelled! You can get up whenever you want to. When would you get out of bed? Between:

- 5:00 and 6:30 a.m.
- 6:30 and 7:45 a.m.
- 7:45 and 9:45 a.m.
- 9:45 and 11:00 a.m.
- 11:00 a.m. and noon

48. Is it easy for you to get up in the morning?

- No way!
- Sort of.
- Pretty easy.
- It's a cinch!

49. Gym class is set for 7:00 in the morning. How do you think you'll do?

- My best!
- Okay.
- Worse than usual.
- Awful!

50. The bad news: You have to take a two-hour test. The good news: You can take it when you think you'll do your best. What time is that?

- 8:00 to 10:00 a.m.
- 11:00 a.m. to 1:00 p.m.
- 3:00 p.m. to 5:00 pm.
- 7:00 p.m. to 9:00 p.m.

51. When do you have the most energy to do your favorite things?

- Morning! I am tired in the evening.
- Morning more than evening.
- Evening more than morning.
- Evening! I am tired in the morning.

52. Your parents have decided to let you set your own bed time. What time would you pick? Between:

- 8:00 and 9:00 p.m.
- 9:00 and 10:15 p.m.
- 10:15 p.m. and 12:30 a.m.
- 12:30 and 1:45 a.m.
- 1:45 and 3:00 a.m.

53. How alert are you in the first half hour you're up?

- Out of it.
- A little dazed.
- Okay.
- Ready to take on the world.

54. When does your body start to tell you it's time for bed (even if you ignore it)? Between:

- 8:00 and 9:00 p.m.
- 9:00 and 10:15 p.m.
- 10:15 p.m. and 12:30 a.m.
- 12:30 and 1:45 a.m.
- 1:45 and 3:00 a.m.

55. Say you had to get up at 6:00 a.m. every morning: What would it be like?

- Awful!
- Not so great.
- Okay (if I have to).
- Fine, no problem!

56. When you wake up in the morning how long does it take for you to be totally "with it"?

- 0 to 10 minutes
- 11 to 20 minutes
- 21 to 40 minutes
- More than 40 minutes

57. Would you say that your growth in height:

- Has not begun to spurt ("spurt" means faster growth than usual)
- Has barely started
- Is definitely underway
- Seems complete
- I don't know

58. Would you say that your other signs of physical maturation:

- Have not yet started to show
- Have barely started to show
- Are definitely underway
- Seem complete
- I don't know

0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9



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