

FIG. 1

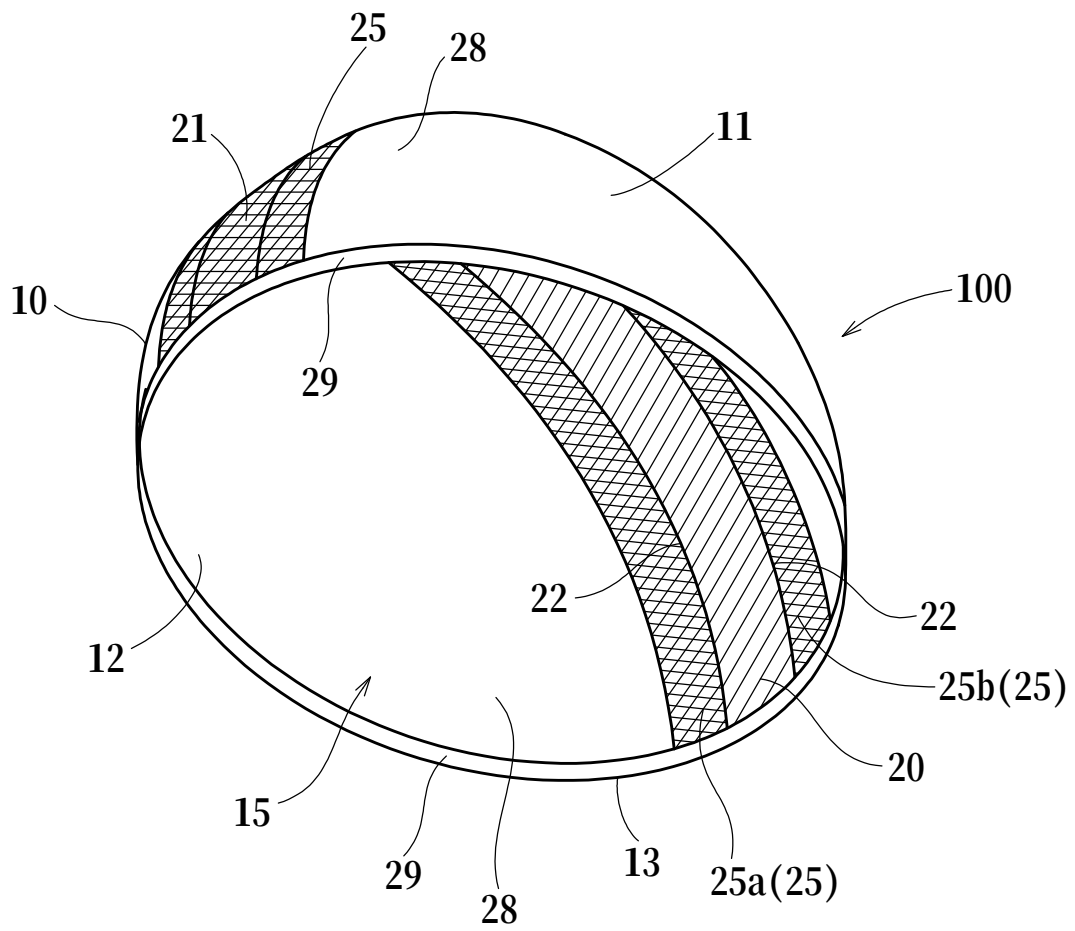


FIG. 2

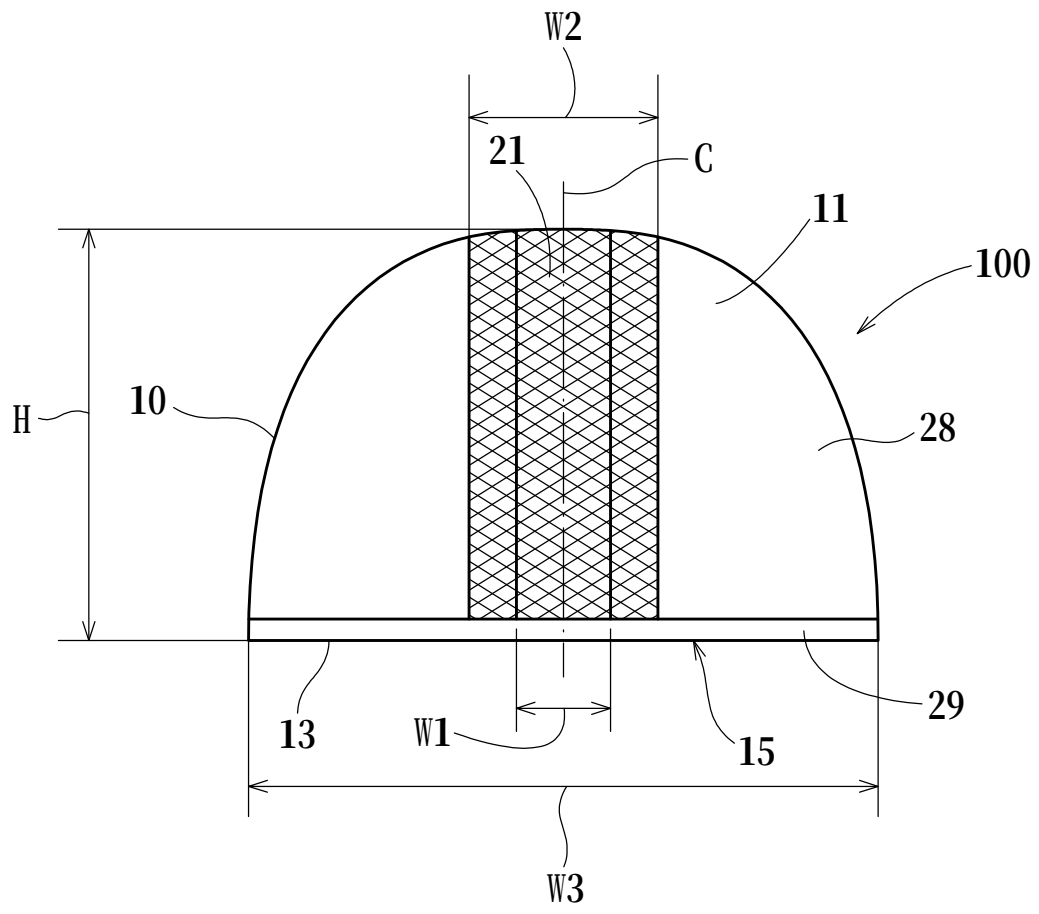


FIG. 3

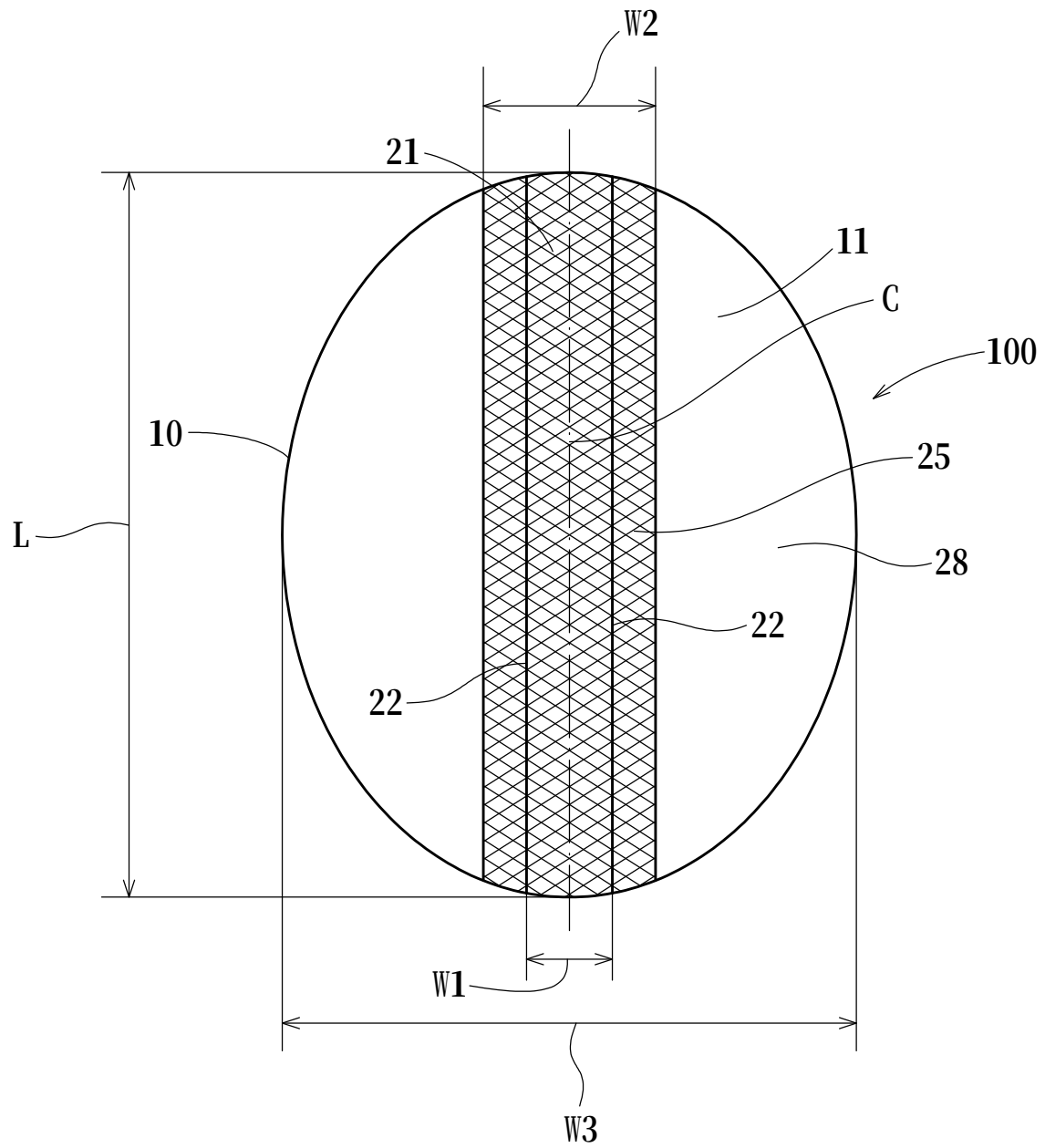


FIG. 4

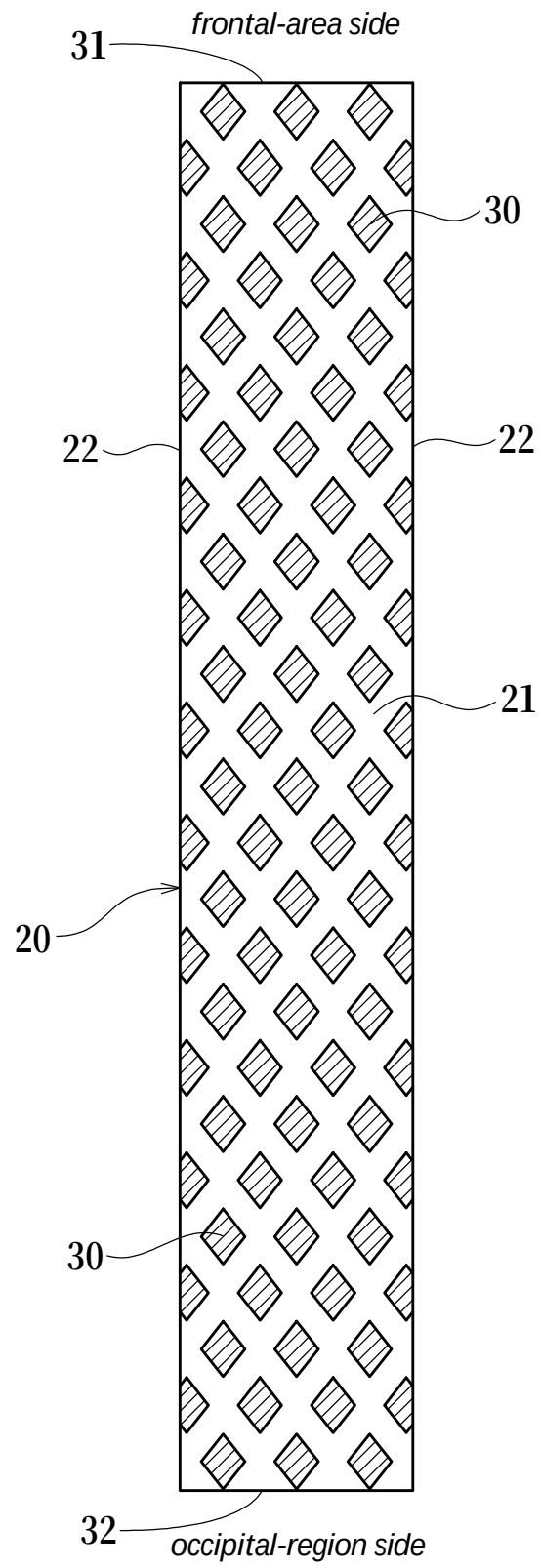


FIG. 5

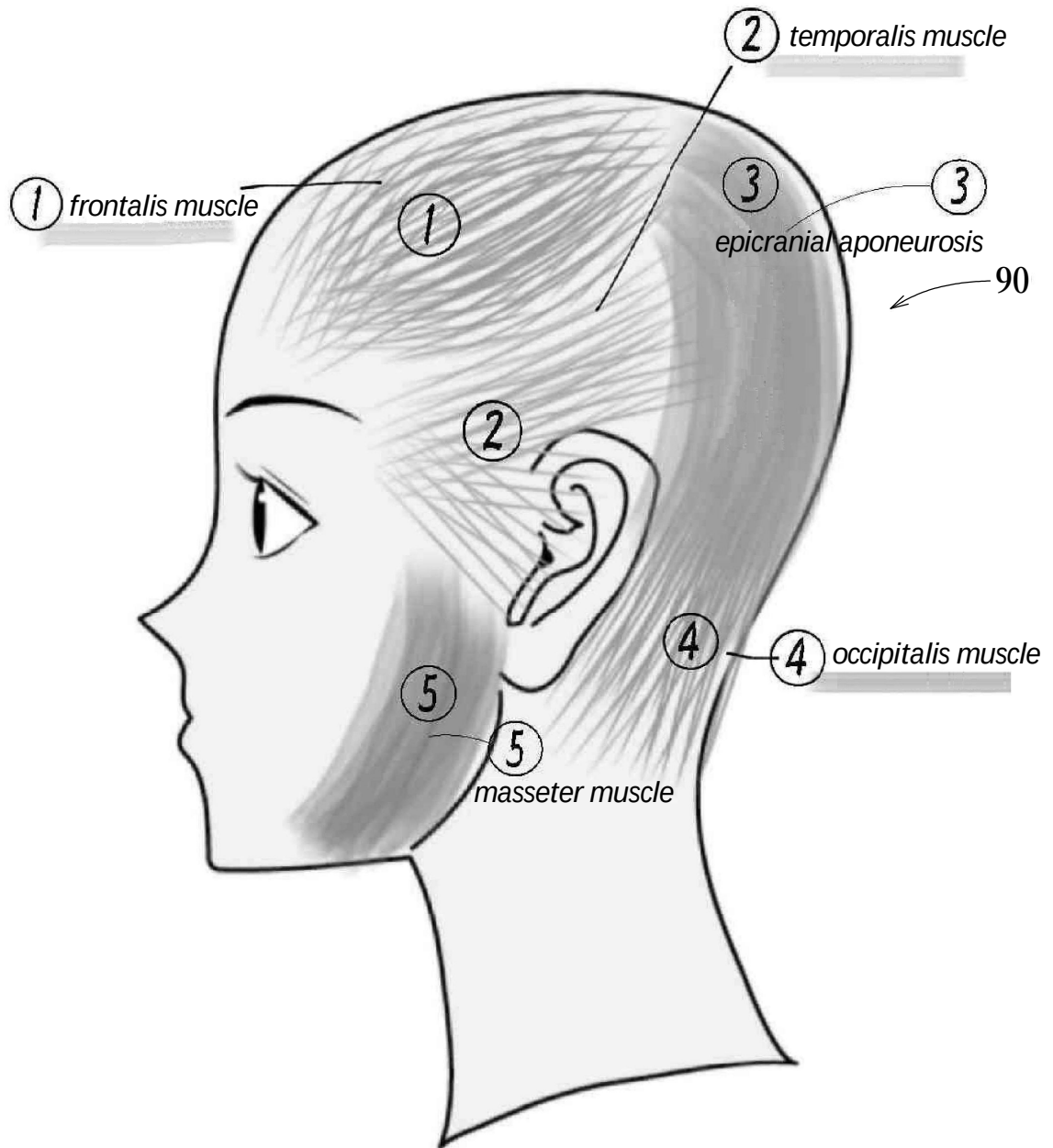


FIG. 6

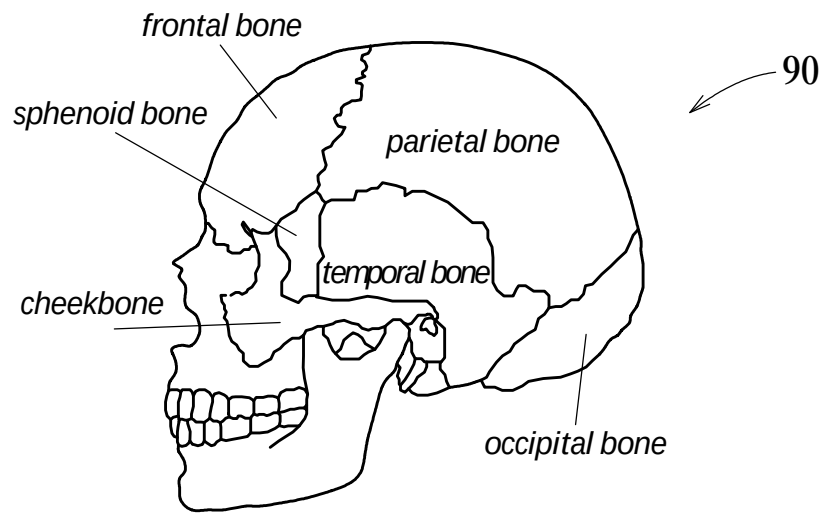


FIG. 7

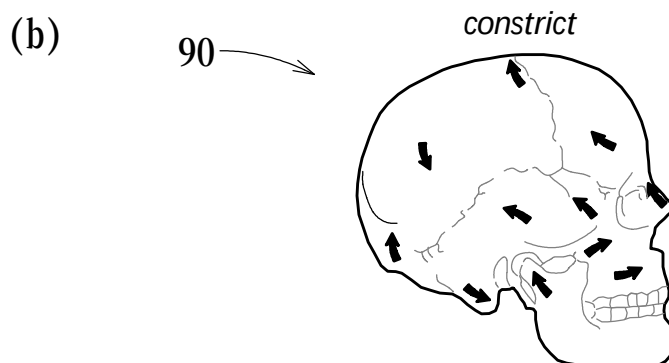
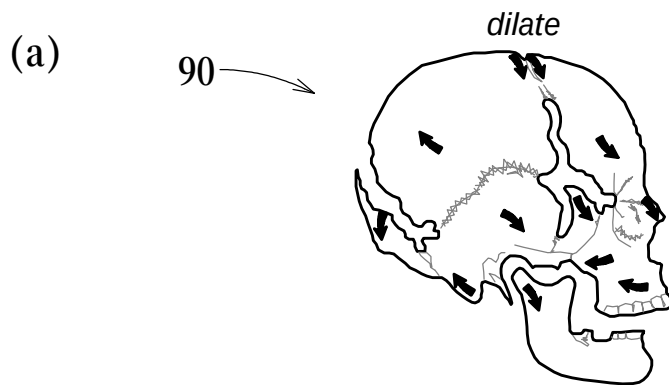


FIG. 8

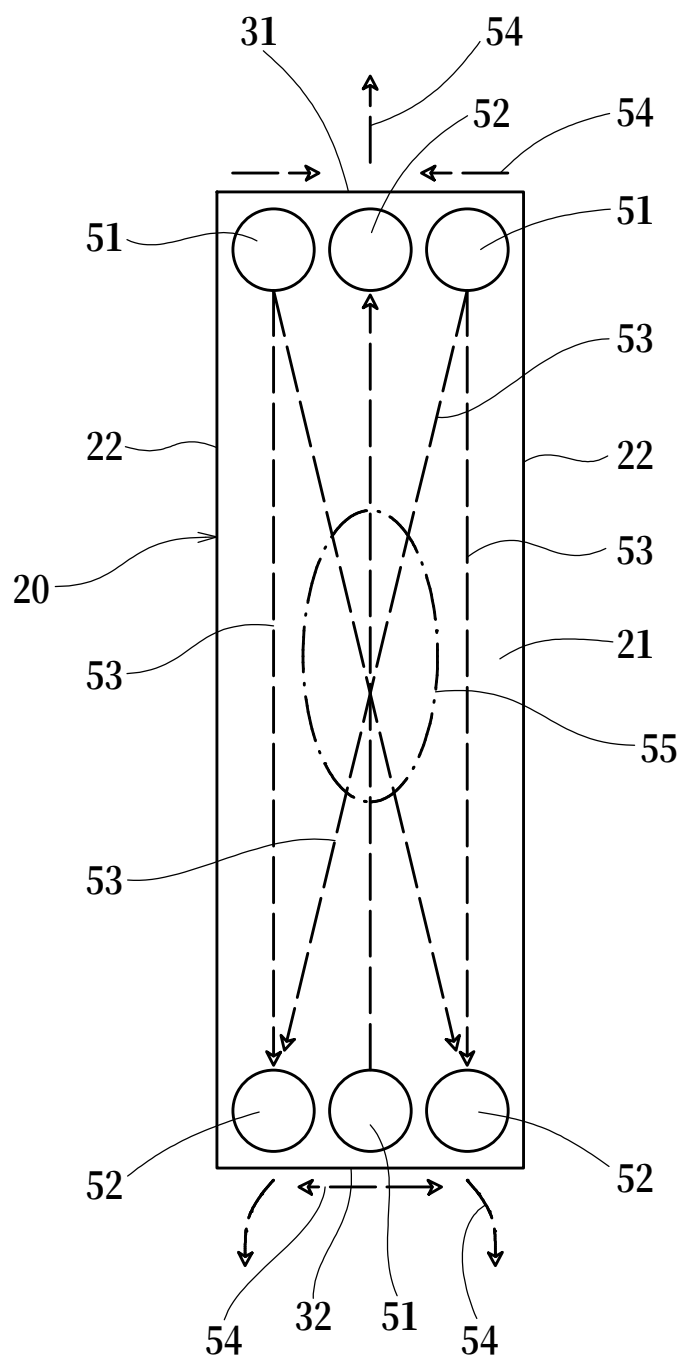


FIG. 9

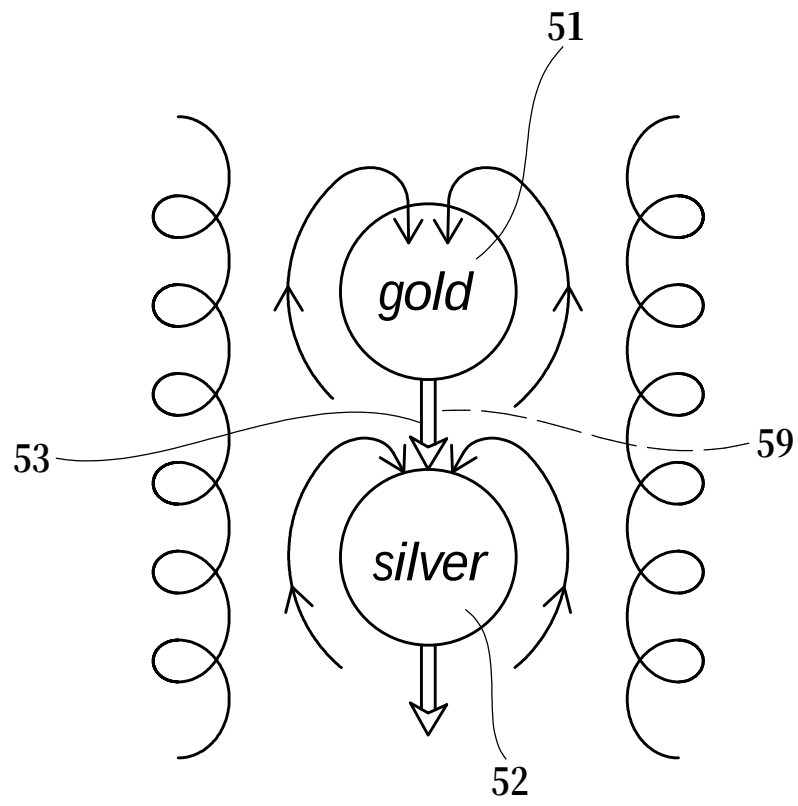


FIG. 10

	Forward Bend			Crouched-Stance Leap			Rearward Arm Swing			Trunk Lift		
	Pre-Wear	Post-Wear	Change	Pre-Wear	Post-Wear	Change	Pre-Wear	Post-Wear	Change	Pre-Wear	Post-Wear	Change
N01	0	-4	-4	120	143	23	25	0	-25	23	29	6
N02	-3	-6	-3	159	147	-12	18	10	-8	55	54	-1
N03	6	4	-2	128	144	14	43	17	-26	28	34	6
N04	-13	-13	0	127	149	12	-16	-26	-10	34	41	7
N05	5	2	-3	139	115	-24	37	24	-13	30	44	14
N06	-9	-16	-7	152	157.5	5.5	66	54	-12	35	44	9
N07	20	18	-2	77	94	17	23	17	-6	33	41	8
N08	9	5	-4	127	145	18	43	34	-9	17	18	1
N09	1	-5	-6	157	169	12	72	57	-15	46	52	6
N010	17.5	5	-12.5	190	205.5	15.5	40	20	-20	53	59	6
N011	18	14	-4	205	215	15	15	0	-15	50	52	2
Avg.	4.7	0.4	-4.3	143.7	153.1	8.7	33.3	18.8	-14.5	36.7	42.5	5.8

FIG. 11

(a)



(b)

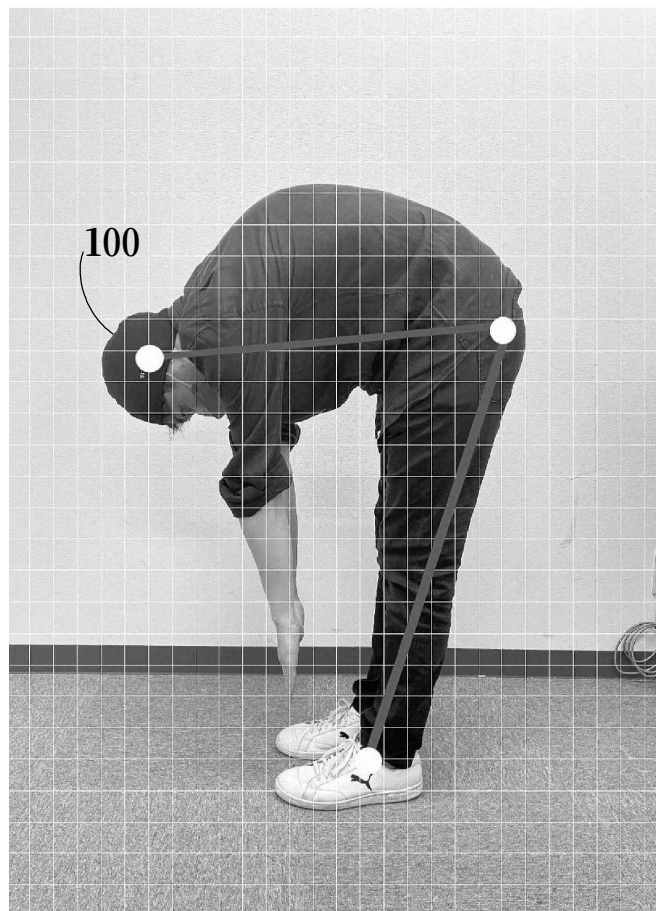
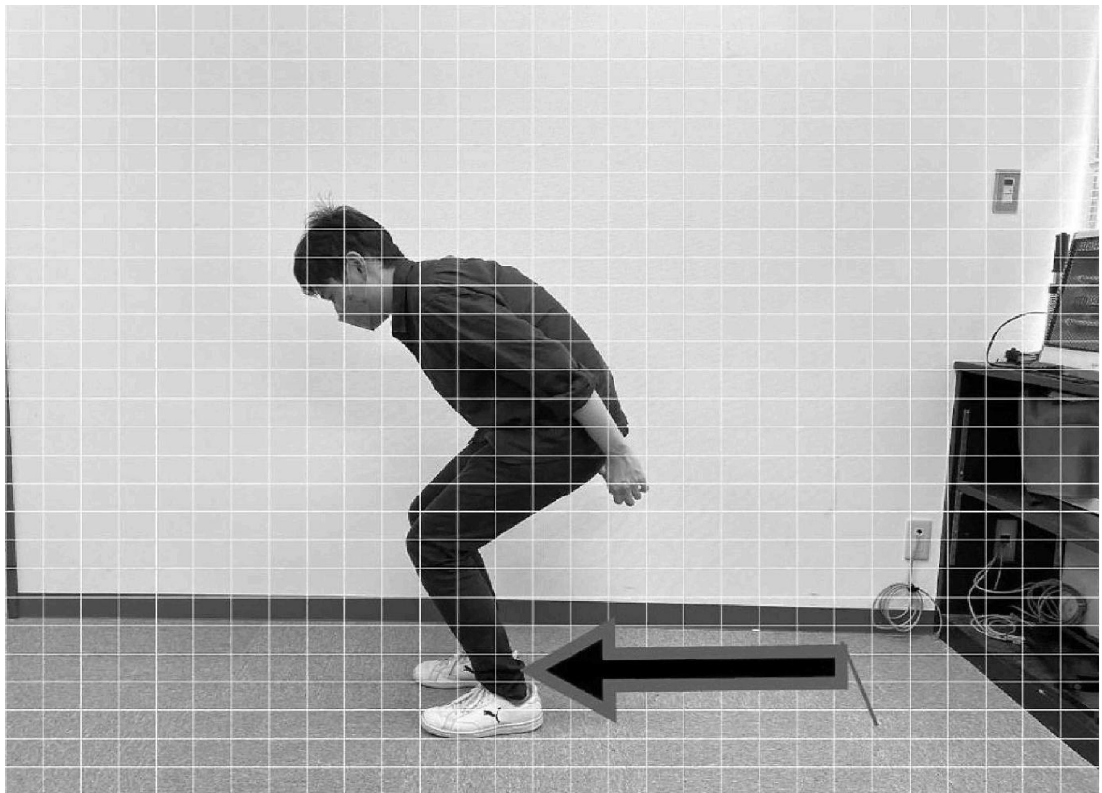


FIG. 12

(a)



(b)

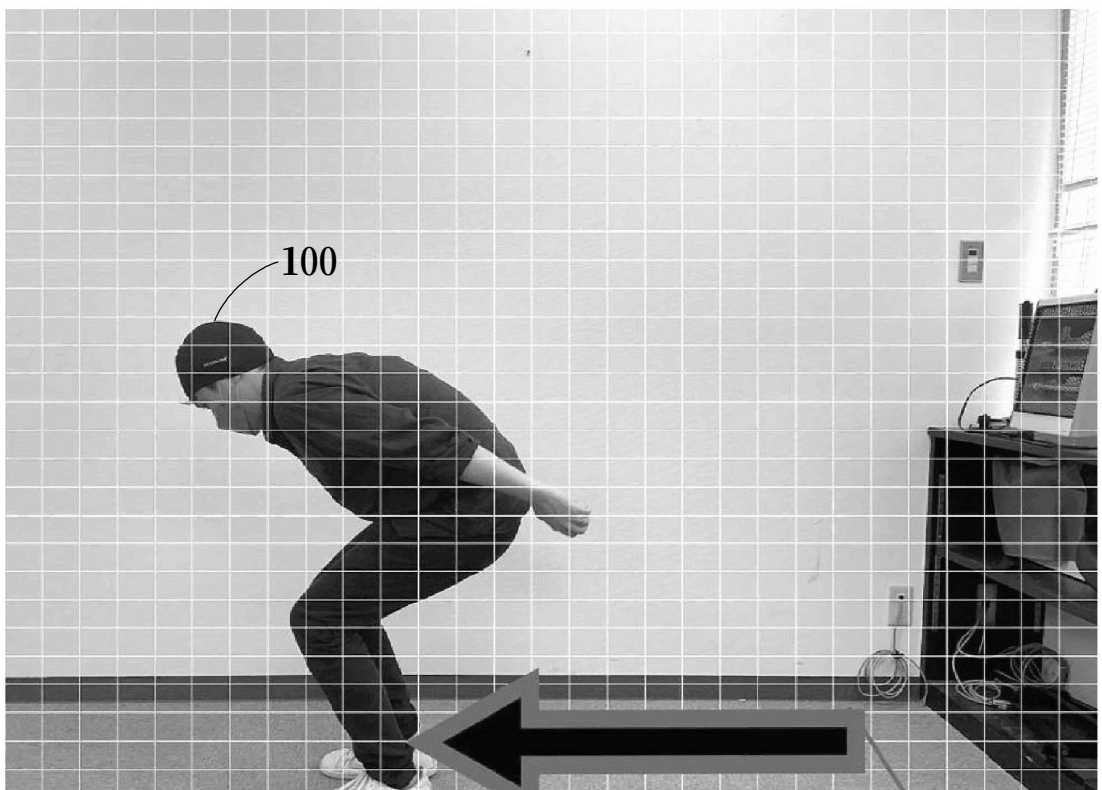
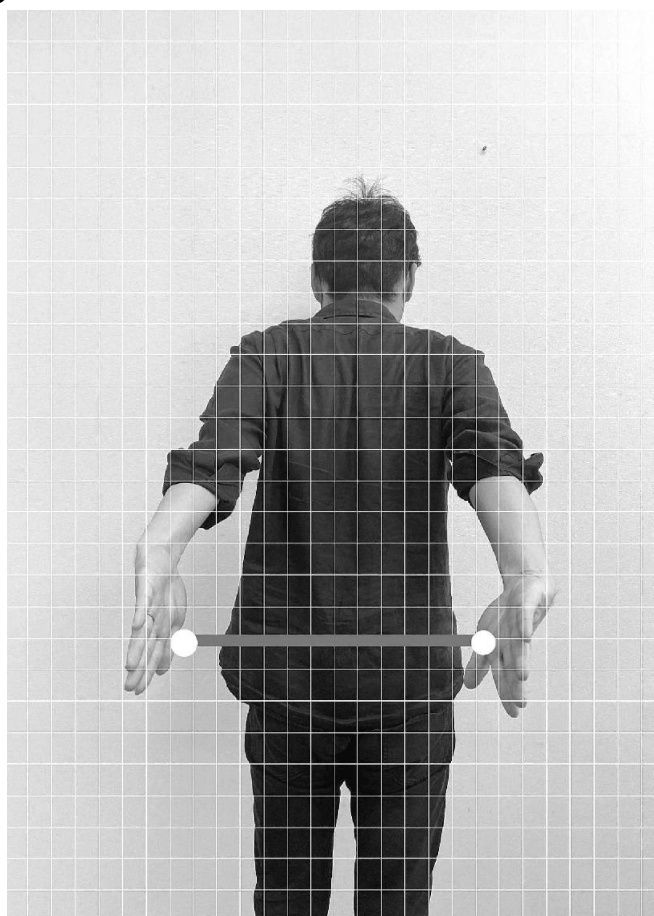


FIG. 13

(a)



(b)

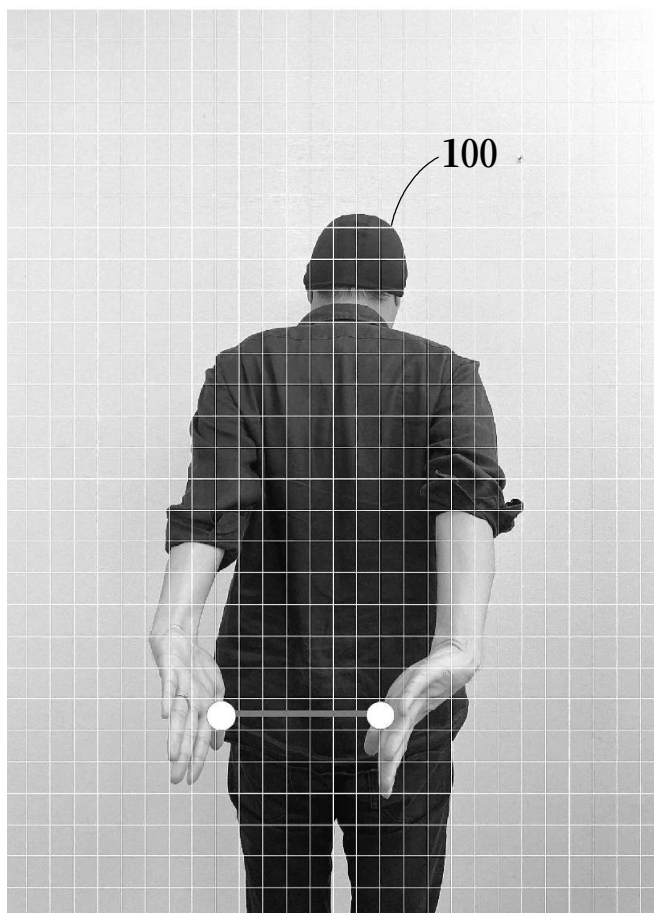
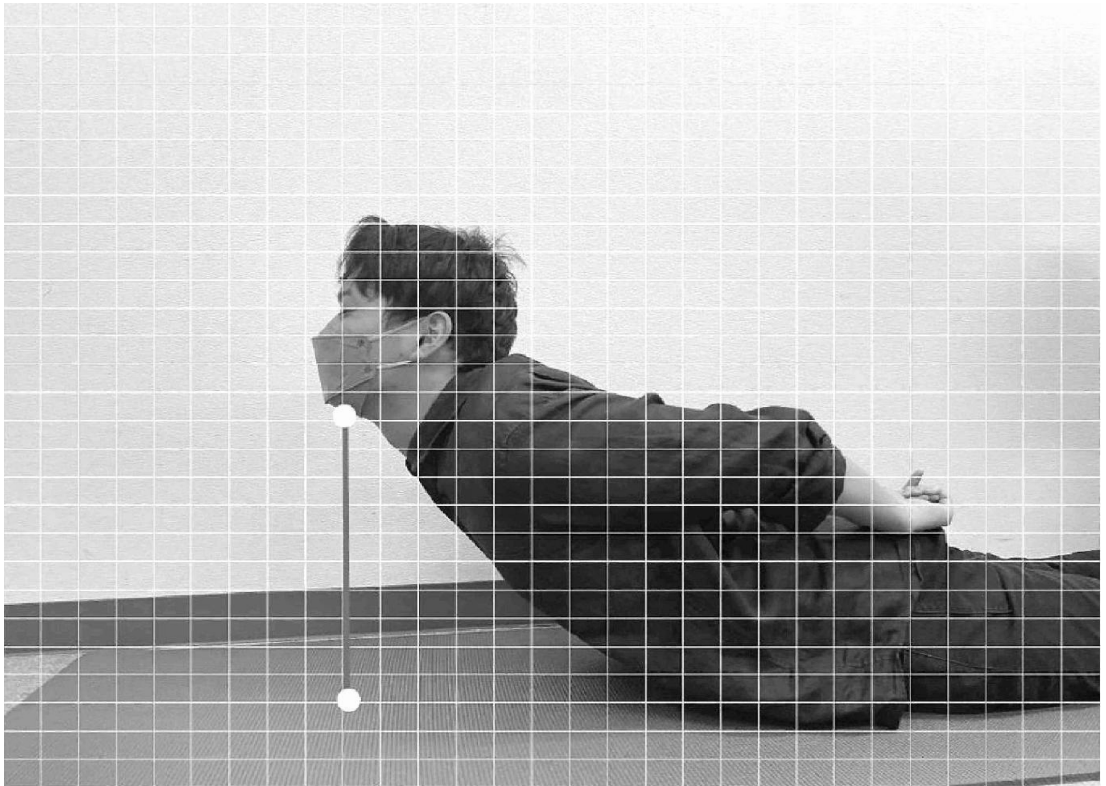


FIG. 14

(a)



(b)

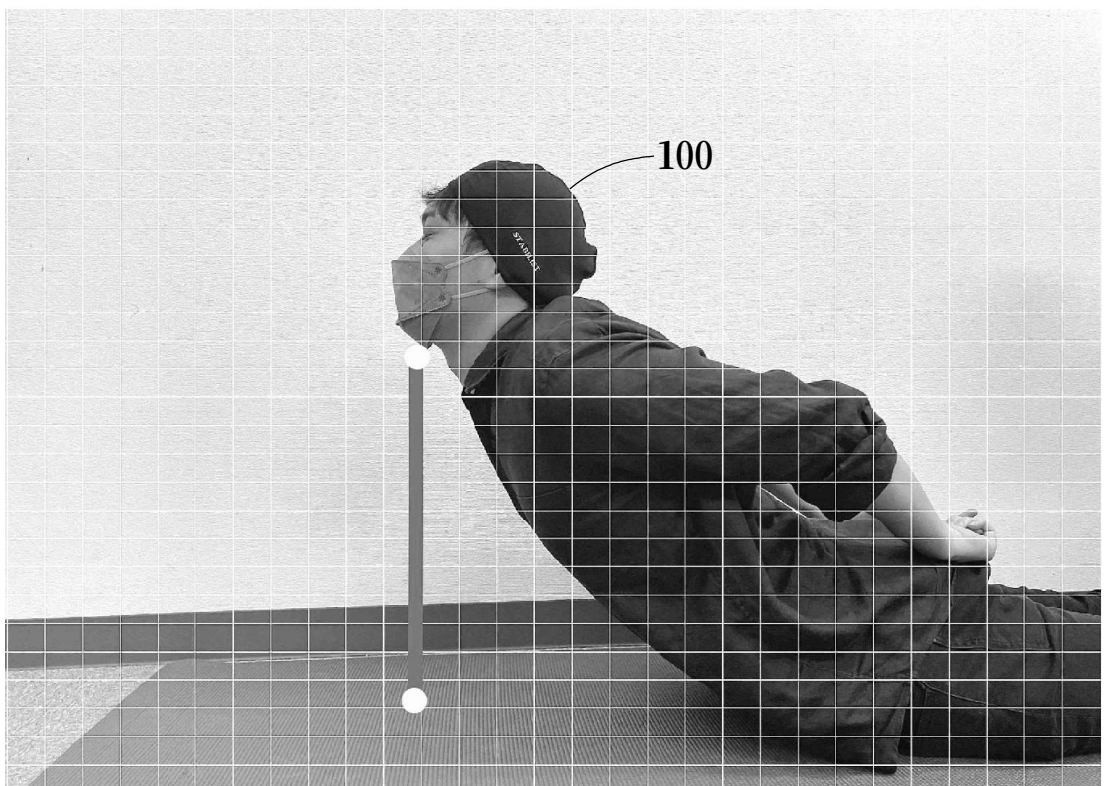


FIG. 15

	Vitality Level			Stability Level			Pleasantness Level			Alertness Level		
	Pre-Wear	Post-Wear	Change	Pre-Wear	Post-Wear	Change	Pre-Wear	Post-Wear	Change	Pre-Wear	Post-Wear	Change
N01	1	3	2	3	4	1	4	7	3	-2	-1	1
N02	1	3	2	8	7	-1	9	10	1	-7	-4	3
N03	5	6	1	3	6	3	8	12	4	2	0	-2
N04	-1	1	2	2	2	0	1	3	2	-3	-1	2
N05	6	10	4	6	6	0	12	16	4	0	4	4
N06	3	5	2	2	3	1	5	8	3	1	2	1
N07	0	0	0	0	-2	-2	0	-2	-2	0	2	2
N08	4	5	1	0	3	3	4	8	4	4	2	-2
N09	4	7	3	6	4	-2	10	11	1	-2	3	5
N010	4	9	5	7	9	2	11	18	7	-3	0	3
N011	-3	5	-4	-4	5	9	-7	10	17	1	0	-1
Avg.	2.2	4.9	1.6	3.0	4.3	1.3	5.2	9.2	4.0	-0.8	0.6	1.5

FIG. 16

Question: Which of the following words fits your mental state (feeling) now? Please circle the closest numeral.		Does not apply at all	Slightly applies	Somewhat applies	To a certain extent applies	Considerably applies	Very much applies
a.	Calm	0	1	2	3	4	5
b.	Irritated	0	1	2	3	4	5
c.	Weary	0	1	2	3	4	5
d.	Energetic	0	1	2	3	4	5
e.	Relaxed	0	1	2	3	4	5
f.	Tense	0	1	2	3	4	5
g.	Slack	0	1	2	3	4	5
h.	Animated	0	1	2	3	4	5

Grading & Analysis Method	
Into the into the following formulas, enter the numeral (score from 0 to 5) answered to question items a. through g. to calculate a score for each: Vitality Level (V), Stability Level (S), Pleasantness Level (P), Alertness Level (A).	
Vitality Level (V) = d. () + h. () - c. () - g. () = V []	
Stability Level (S) = a. () + e. () - b. () - f. () = S []	
Pleasantness Level (P) = V [] + S [] = []	
Alertness Level (A) = V [] - S [] = []	

FIG. 17

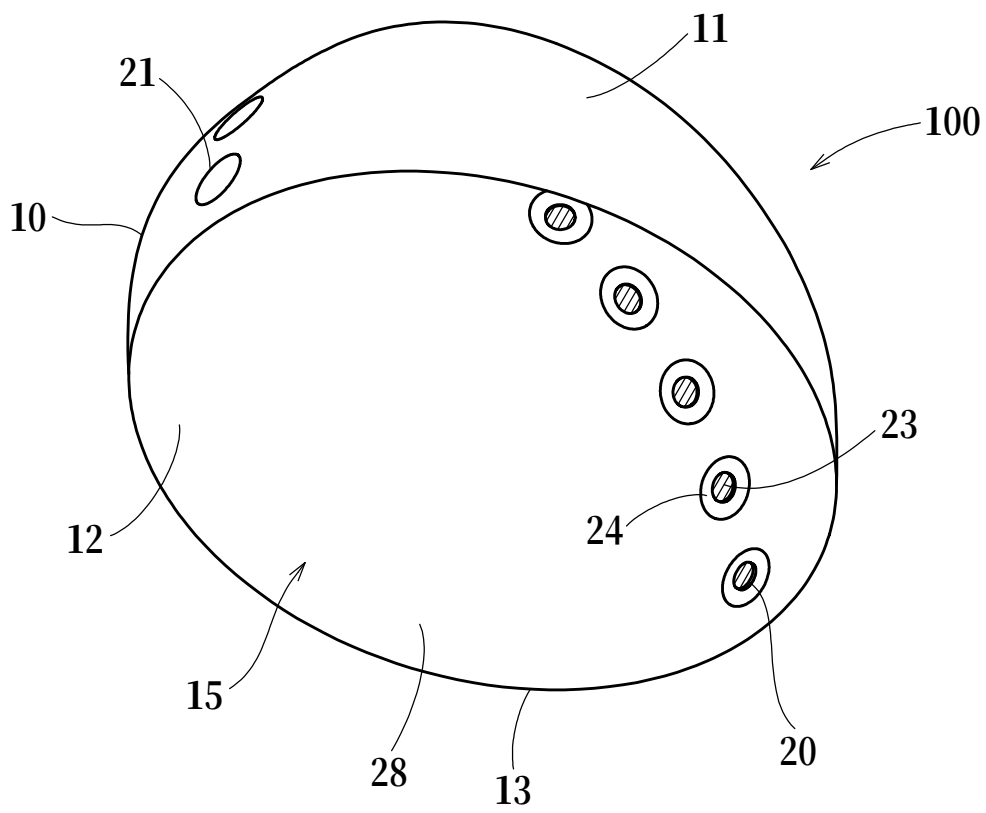


FIG. 18

