



STUDENT POST-TEST

Please answer the below questions honestly by circling the number the appropriate box. Your name will not be recorded. Your teacher will read these questions to you. If you do not understand anything, please ask.

No.	Aspect	Question	Strongly Disagree	Disagree	Neutral / unsure	Agree	Strongly Agree
1	Goal setting	I find it easy to set goals for myself.	0	1	2	3	4
2	Commitment	It is easy for me to stick to my aims and accomplish my goals.	0	1	2	3	4
3	Resilience	I know how to handle unexpected problems.	0	1	2	3	4
4	Goal setting	I can set targets that I want to achieve now and in the future.	0	1	2	3	4
5	Commitment	When I say that I will do something, I keep my word.	0	1	2	3	4
6	Resilience	I remain calm when facing difficulties, because I have good coping abilities.	0	1	2	3	4
7	Goal setting	I set targets for myself that are hard but not impossible.	0	1	2	3	4
8	Commitment	People can rely on me to do the things I promise.	0	1	2	3	4
9	Resilience	No matter what comes my way, I am usually able to handle it.	0	1	2	3	4
10	Connectedness / belonging	I feel connected to my school.	0	1	2	3	4
11	Fitness / health perceptions	I feel fit and healthy.	0	1	2	3	4
12	Connectedness / belonging	My fellow students like me the way I am.	0	1	2	3	4
13	Fitness / health perceptions	I get puffed easily when exercising.	0	1	2	3	4
14	Connectedness / belonging	I work well as part of a group.	0	1	2	3	4
15	Fitness / health perceptions	I make healthy choices when eating.	0	1	2	3	4