



# Study Exposure Form

Write four ten minute work activities below. Can be any type of work, but should only take ten minutes

1.

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2.

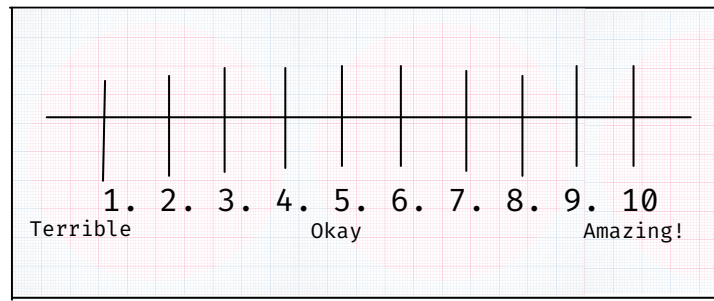
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3.

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4.

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Fill in a circle  
for each 10  
minutes of work

mood before  
starting work  
(rate on 1-10 scale) e

rate productivity/  
efficiency on a  
1-10 scale

mood after  
completing work  
(rate on 1-10 scale)

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Notes: