

Energy, vitality

Energy and vitality index (EVI) from the RAND-36 questionnaire

"The following questions ask for your views about your health and how you feel about life in general. If you are unsure about how to answer any question, try and think about your overall health and give the best answer you can. Do not spend too much time thinking about your answer as your immediate response is likely to be the most accurate."

"These questions are about how you feel and how things have been with you **during the past month**. For each question, please indicate the one answer that comes closest to the way you have been feeling."

How much time during the past month?

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
Did you feel full of life?						
Did you have lots of energy?						
Did you feel worn out?						
Did you feel tired?						