



OA/UNE Human Performance Lab

DALDA Questionnaire

Monitors state of well being and mood state

(a = worse than normal, b = normal, c = better than normal)

Part A

1. a b c Diet
2. a b c Home Life
3. a b c School/college/work
4. a b c Friends
5. a b c Sports Training
6. a b c Climate
7. a b c Sleep
8. a b c Recreation
9. a b c Health

Part B

- | | |
|------------------------------|------------------------------------|
| 1. a b c Muscle Pains | 14. a b c Enough Sleep |
| 2. a b c Techniques | 15. a b c Between Session Recovery |
| 3. a b c Tiredness | 16. a b c General Weakness |
| 4. a b c Need for rest | 17. a b c Interest |
| 5. a b c Supplementary Work | 18. a b c Arguments |
| 6. a b c Boredom | 19. a b c Skin Rashes |
| 7. a b c Recovery Time | 20. a b c Congestion |
| 8. a b c Irritability | 21. a b c Training Effort |
| 9. a b c Weight | 22. a b c Temper |
| 10. a b c Throat | 23. a b c Swelling |
| 11. a b c Internal | 24. a b c Likability |
| 12. a b c Unexplained aches | 25. a b c Runny Nose |
| 13. a b c Technique Strength | |

Number of "a" Scores: _____

Increase in "a" scores suggests
overreaching or overtraining.