a. Thermal Comfort (0-8)

- Unbearably Hot
- Very Hot
- Hot
- Warm
- Comfortable
- Cool
- Very Cold
- Unbearably Cold

b. Stomach Fullness (1-5)

- Uncomfortably bloated
- Comfortable
- Empty

c. Rating of Perceived Exertion (arbitrary value)

- Maximal Exertion
- Extremely hard
- Very hard
- Hard (Heavy)
- Somewhat hard

Time (min)

Phase