

# Flow Condition Questionnaire (FCQ)

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Please indicate how much of the time you knew each of the following while you were doing the activity by marking one circle for each question.

## How much of the time did you know...?

	Never		About half of the time		Always
what to do next	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
how to do what you were doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
how well you were doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
where to go next	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please answer the following questions about how you felt **while you were doing the activity** by marking one circle for each question.

	Not at all				Very much
How challenging did this activity feel?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much did you feel able to overcome the challenges you faced?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How distracted were you from what you were doing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Scoring

Reverse the score of the last question to get Freedom from Distractions. The items above are in the following order: Clear What to Do, Clear How to Do it, Clear How Well Doing, Clear Where to Go, Challenge, Skill, and Freedom from Distractions.