



ASSESSMENT FORM

1. Determine your physical abilities and limitations

Review the functional activities checklist below and mark those you have relative difficulty performing. Next, check the activities that are very important for your daily living. Once you have identified your limitations, you can determine which functional activity goals are most important to you.

√	Limitation for me	Priority for me	Physical Activity Tasks
	Getting dressed		Upper & Lower Body Flexibility
	Washing face or hair, brushing teeth		Upper Body Flexibility
	Housework		Cardio*, Upper/Lower Body Strength
	Carrying groceries		Upper Body Strength, Balance
	Opening jars (grip)		Upper Body Strength
	Opening doors (push or pull)		Upper Body Strength
	Stoop to pick up object from floor		Lower Body Flexibility and Strength
	Reach and place objects overhead		Upper Body Strength, Flexibility & Balance
	Lifting light objects		Upper Body Strength
	Lifting heavier objects (>15 pounds)		Upper & Lower Body Strength
	Walking for 10 minutes		Cardio*, Lower Body Strength
	Stairs (up and down 1 flight)		Lower Body Strength, Balance
	Walk uphill without getting tired		Lower Body Strength, Cardio*
	Walking on uneven ground/surfaces		Lower Body Strength, Balance
	Getting out of a chair		Lower Body Strength, Balance
	Getting out of bed		Lower & Upper Body Strength
	Getting into and out of bathtub		Lower & Upper Body Strength, Balance
	Other Recreational Activities		Depends on activity

**Cardiorespiratory activities refer to a continuous physical activity for a fixed period of time that increases your heart rate. These may include but are not limited to walking, jogging, gardening, biking, and swimming.*

Note your limitations and the specific physical activities you should emphasize in your routine

- Cardiorespiratory
- Upper Body Flexibility
- Lower Body Flexibility
- Upper Body Strength
- Lower Body Strength
- Balance

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2. Set your goals

Goals should be based on your limitations noted above as well as your own preferences. You should write your goals down on the following chart by listing at least 5 of the specific daily tasks you need to improve.

Once you have set your goals, you need to give yourself a reasonable timetable for achieving them. When first starting this program, give yourself a couple weeks to get used to your new routine. As you work through it, you may find that you're doing better than you thought!

My goals:

SPECIFIC GOAL	TARGET DATE
<i>Go up and down my stairs 3 times</i>	<i>8 weeks</i>

Now you are ready to determine the physical activity program for your specific goals and needs.