

Move Assessment Questionnaire

Before starting the Move workout, take a moment to assess your wellbeing and skills.

At the end of the program, compare your results to see any improvements!

We encourage honest self-reflection rather than overthinking responses.

Bad = 1, Okay = 2, Good = 3 points

	(1)	(2)	(3)
Wellbeing	Bad	Okay	Good
Physical Health (<i>mobility</i>)			
Emotional Health (<i>feelings of emptiness</i>)			
Social Health (<i>confidence & engagement</i>)			
Mental Health (<i>dealing with problems</i>)			
Cognitive Health (<i>attention, memory & problem solving</i>)			
Drumming Skills			
Coordination (<i>using both sides of your body at the same time</i>)			
Rhythm (<i>ability to play the pattern in time</i>)			
Timing (<i>playing the beat at the right moment</i>)			
Accuracy (<i>striking the centre of the pad</i>)			
Balance (<i>ability to stabilise your body whilst playing</i>)			
Score			