

Groove Assessment Questionnaire

Before starting the 8 Week Groove Program, 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 hands and feet at the same time</i>)			
Consistency (<i>ability to play with a metronome</i>)			
Timing (<i>playing the beat at the right moment</i>)			
Accuracy (<i>striking the centre of the snare drum and toms</i>)			
Endurance (<i>play a fast tempo for more than 2 minutes</i>)			
Score			