

Name:

Date:

List 3 activities you would most like to be able to do without any difficulty, making the first one your PRIMARY GOAL:

Choose the level of difficulty at which you are able to do each activity today:

	No difficulty (1 point each)	Little difficulty (2 points each)	Some difficulty (3 points each)	Much difficulty (4 points each)	Unable (5 points each)	Not applicable (9 points each)
Lying flat						
Rolling over						
Moving: lying to sitting						
Walking between rooms						
Sitting						
Squatting						
Bending/stooping						
Balancing						
Kneeling						
Standing						
Walking: short distance						
Walking: long distance						
Walking: outdoors						
Climbing stairs						
Hopping						
Jumping						
Running						
Pushing						
Pulling						
Reaching						
Grasping						
Lifting						
Carrying						