

## OPTIMAL Difficulty

**Instructions: Please check the level of DIFFICULTY you have for each activity today.**

**1. Lying flat** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**2. Rolling over** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**3. Moving - lying to sitting** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**4. Sitting** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**5. Squatting** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**6. Bending / Stooping** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**7. Balancing** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**8. Kneeling** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**9. Walking - short distance** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**10. Walking - long distance** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**11. Walking - outdoors** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**12. Climbing stairs** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**13. Hopping on one foot** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**14. Jumping** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**15. Running** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**16. Pushing** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**17. Pulling** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**18. Reaching** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**19. Grasping** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**20. Lifting** (Circle one answer)

*Able to do without any difficulty*  
*Able to do with little difficulty*  
*Able to do with moderate difficulty*  
*Able to do with much difficulty*  
*Unable to do*

**21. Carrying** (Circle one answer)

- Able to do without any difficulty*
- Able to do with little difficulty*
- Able to do with moderate difficulty*
- Able to do with much difficulty*
- Unable to do*

**22. From the list below, choose the three activities you would most like to be able to do without any difficulty.**

**Activities**

- Lying flat*
- Rolling over*
- Moving - lying to sitting*
- Sitting*
- Squatting*
- Bending / Stooping*
- Balancing*
- Kneeling*
- Walking - short distance*
- Walking - long distance*
- Walking - outdoors*
- Climbing stairs*
- Hopping on one foot*
- Jumping*
- Running*
- Pushing*
- Pulling*
- Reaching*
- Grasping*
- Lifting*
- Carrying*

**23. Thinking about all of the activities you would like to do, please mark an "X" at the point on the line that best describes your overall level of difficulty with these activities today. (Mark an 'X' on the line below)**

Extreme Difficulty \_\_\_\_\_ No Difficulty