



## SELF ASSESSMENT QUESTIONNAIRE

*Please complete this assessment to help determine which classes are suitable for you.*

- 1) Can you comfortably walk around the block on your own without any assistance?
  - Yes 0 points
  - No 1 point
  
- 2) Have you had any falls in the last 3 months?
  - Yes 1 point
  - No 0 points
  
- 3) Can you get down to the ground safely and back up again?
  - Yes 0 points
  - Yes, with support of a chair 1 point
  - No 2 points
  
- 4) Do you ever feel lightheaded or dizzy when you stand up from lying down or sitting?
  - Yes 1 point
  - No 0 points
  
- 5) Do you ever experience very slow movements especially when changing directions or turning around? Or, when you stop for a while and then start walking again. This can feel like your feet are heavy to the floor and takes a few seconds to minutes to start moving again.
  - Yes 1 point
  - No 0 points

- 6) Do you need to use assistive devices (e.g. cane, walker, poles) to walk anytime of the day?
- Yes 1 point
  - No 0 points
- 7) How would you rate your daily stamina/energy level?
- Low energy 1 point
  - Good energy 0 points
- 8) Which description below best describes your level of physical activity in the past 3 months?
- Sedentary or Low intensity 3 points  
(e.g. take daily walks)
  - Moderate Intensity 2 points  
(e.g. daily walks & participate in 1-2 exercise activities a week but I don't get out of breath while exercising)
  - High Intensity 0 points  
(e.g. exercise daily at a pace where I get out of breath)
- 9) Do you have any heart issues or other major medical conditions that would interfere with your ability to exercise?
- Yes 1 point
  - No 0 points
- 10) Do you have any cognitive concerns that would limit you to keeping up with instruction at a normal to fast pace?
- Yes 1 point
  - No 0 points

## INTERPRETING YOUR SCORE

TOTAL SCORE \_\_\_\_\_

### 0-5 Points: **Fighter** High Intensity Classes

We recommend you use our **Fighter**-level classes, or our HIIT classes. Classes are higher intensity and best for those that have low to moderate balance concerns. Exercises are Parkinson's specific and include amplitude-based movements and dual tasking.

Cognitive exercises will also be added in these classes.

### 6-12 Points: **Champion** Low Intensity Classes

We recommend you get started with our **Champion**-level classes (low intensity exercise classes). These classes are designed to help you get comfortable with your exercise while staying safe and supported. Our focus is on high quality Parkinson's specific exercises to help you get the most out of your workouts.

If you have any questions while completing this self-assessment, please contact us at 613-224-2694 or [info@boxing4health.com](mailto:info@boxing4health.com).

We look forward to seeing you on-line or in gym!