**SELF ASSESSMENT**

Before you start any new exercise or activity, it is important that you take a moment to assess your own physical ability. This is so you can establish your baseline, and help to set yourself **safe & SMART** goals.

Fill out the table below to take a “snap shot” of where you are at right now.

|  |  |  |
| --- | --- | --- |
| **Activity** | **Self-Assessment** | **Any comments?** |
| **Walking:**  How long does it take me to walk 20metres at a comfortable pace? | 20m = \_\_\_\_\_\_\_\_\_\_ |  |
| **Standing up and Sitting down:**  How many times can you stand up and sit down from a **stable chair** in 2 minutes? | 2 mins = \_\_\_\_\_\_\_\_\_ | I had to use my hands for support?  Yes No |
| **Wake up time:**  I normally get out of bed at this time: | \_\_\_\_\_\_\_\_\_\_\_\_ AM / PM |  |
| **Going to bed:**  I normally go to bed at this time: | \_\_\_\_\_\_\_\_\_\_\_\_ AM / PM |  |
| **Resting during the day:**  Yesterday I was *lying down* to rest for: | \_\_\_\_\_\_\_\_\_\_\_\_ AM / PM |  |
| **Resting during the day:**  Yesterday I was *sitting* to rest for: | \_\_\_\_\_\_\_\_\_\_\_\_ AM / PM |  |
| **Reaching:**  How high I can comfortably reach: | * Below shoulder height * To shoulder height * Above shoulder height * All the way above my head |  |
| **Balance:**  Of the following activities, **what do I normally & easily manage in my day?** | * Standing without holding on to something * Sit-to-stand without using arms * Walking with a walking aide (eg: stick, frame) * Walking without using any aides * Stairs with assistance only * Stairs holding a rail * Stairs no rail * Reaching to the floor and standing up again | |

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