(195) Self-reported Physical Fitness Questionnaire: Muscle Strength

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|  | Please consider your physical condition in the previous three months before answering each question. Please select ONE choice only.  Each statement describes a hypothetical situation. Please consider the trueness of each statement in describing your physical performance and ability.  Please indicate the most suitable choice with a tick (√) after each statement.  Please read every statement very carefully because some statements are very similar. | Always true | Usually true | Sometimes true | Seldom true | Never true |
| 1. | I can easily LIFT a bottle of 5-litre vegetable oil with one arm. | 1 | 2 | 3 | 4 | 5 |
| 2. | I can easily raise a six-can (355ml each) pack of canned drinks (e.g. coke, beer) with one arm. | 1 | 2 | 3 | 4 | 5 |
| 3. | I can easily lift a bag of 8-kg rice. | 1 | 2 | 3 | 4 | 5 |
| 4. | Holding a watermelon of normal size is very difficult for me. | 1 | 2 | 3 | 4 | 5 |
| 5. | I can easily lift a pack of EIGHT 355-ml canned soft drinks/ beer with the same arm. | 1 | 2 | 3 | 4 | 5 |