(703) Self-reported Physical Fitness Questionnaire: Muscle Endurance

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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. | If I put something heavy down, I find it difficult to pick it up again (e.g. a pack of 5-kg rice). | 1 | 2 | 3 | 4 | 5 |
| 2. | After shopping (including at supermarkets), I can hold goods of 5 kg with the same hand and walk for more than 1 minute. | 1 | 2 | 3 | 4 | 5 |