

MARX SCALE (ENGLISH VERSION)

Please indicate how often you performed each activity in your healthiest and most active state, in the past year. Kindly put a (☑) mark on the appropriate space after each item.

	Less than one time in a month	One time in a month	One time in a week	2 or 3 times in a week	4 or more times in a week
Running: running while playing a sport or jogging	0	1	2	3	4
Cutting: changing directions while running	0	1	2	3	4
Deceleration: coming to a quick stop while running	0	1	2	3	4
Pivoting: turning your body with your foot planted while playing sport; For example: skiing, skating, kicking, throwing, hitting a ball (golf, tennis, squash), etc.	0	1	2	3	4