

**FitMáx© questionnaire (Goof Schep & Martijn van Hooff, 2018)**

**List of questions regarding your fitness**

To determine how well you can walk/run, cycle and climb stairs, please answer the following questions by selecting **one** of the options below.

Choose the answer that best describes how well you can walk/run, cycle and climb stairs. This is what you can just maintain.

If you never walk/run, cycle or climb stairs, then try to imagine how it would be if you were to do this at this moment in time.

## 1. Walking/running at this moment in time

How well can you walk/run **at the moment**? Please select only **one** of the following options.

<input type="radio"/>	When I walk, I can't carry on for long and have to <b>rest after 100 metres</b> .
<input type="radio"/>	When I walk, I can't carry on for long and have to <b>rest after 200 metres</b> .
<input type="radio"/>	When I walk, I can't carry on for long and have to <b>rest after 500 metres</b> .
<input type="radio"/>	I can walk for <b>15 minutes</b> at a pace of <b>4 kilometres per hour (a gentle pace)</b> .
<input type="radio"/>	I can walk for <b>30 minutes</b> at a pace of <b>4 kilometres per hour (a gentle pace)</b> .
<input type="radio"/>	I can walk for <b>30 minutes</b> at a pace of <b>5 kilometres per hour (a normal pace)</b> .
<input type="radio"/>	I can walk for <b>30 minutes</b> at a pace of <b>6 kilometres per hour (brisk pace)</b> .
<input type="radio"/>	I can <b>jog</b> for <b>30 minutes</b> at a pace of <b>7 kilometres per hour</b> .
<input type="radio"/>	I can <b>run</b> for <b>30 minutes</b> at a pace of <b>8-9 kilometres per hour</b> .
<input type="radio"/>	I can <b>run</b> for <b>30 minutes</b> at a pace of <b>10-11 kilometres per hour</b> .
<input type="radio"/>	I can <b>run</b> for <b>30 minutes</b> at a pace of <b>12-13 kilometres per hour</b> .
<input type="radio"/>	I can <b>run</b> for <b>30 minutes</b> at a pace of <b>14-15 kilometres per hour</b> .
<input type="radio"/>	I can <b>run</b> for <b>30 minutes</b> at a pace of <b>16-18 kilometres per hour</b> .
<input type="radio"/>	I can <b>run</b> for <b>30 minutes</b> at a pace <b>above 18 kilometres per hour</b> .

## 2. Cycling at this moment in time

How well can you cycle **at the moment**? Please select only **one** of the following options.

<input type="radio"/>	I am <b>not able</b> to cycle for <b>15 minutes</b> on a flat road with no headwind on a normal bicycle.
<input type="radio"/>	I can cycle for <b>15 minutes</b> on a flat road with no headwind on a normal bicycle, at a pace of <b>10-12 kilometres per hour (an idle pace)</b> .
<input type="radio"/>	I can cycle for <b>15 minutes</b> on a flat road with no headwind on a normal bicycle at a pace of <b>13-15 kilometres per hour (a very slow pace)</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a normal bicycle, at a pace of <b>10-12 kilometres per hour (an idle pace)</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a normal bicycle, at a pace of <b>13-15 kilometres per hour (a very slow pace)</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a normal bicycle, at a pace of <b>16-18 kilometres per hour (a gentle pace)</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a normal bicycle, at a pace of <b>19-21 kilometres per hour (a normal pace)</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a normal bicycle, at a pace of <b>22-24 kilometres per hour (a brisk pace)</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a racing bike, at a pace of <b>25-30 kilometres per hour</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a racing bike, at a pace of <b>30-35 kilometres per hour</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a racing bike, at a pace of <b>35-40 kilometres per hour</b> .
<input type="radio"/>	I can cycle for <b>30 minutes</b> on a flat road with no headwind on a racing bike, at a pace <b>above 40 kilometres per hour</b> .

### 3. Climbing stairs at this moment in time

How well can you climb stairs **at the moment**? Please select only **one** of the following options.

<input type="radio"/>	I am <b>not able</b> to walk up 1 flight of stairs without stopping.
<input type="radio"/>	I <b>am able</b> to climb <b>1 flight of stairs at a very slow pace</b> without stopping
<input type="radio"/>	I can walk up <b>2 flights of stairs at a very slow pace</b> without stopping.
<input type="radio"/>	I can walk up <b>3 flights of stairs at a very slow pace</b> without stopping.
<input type="radio"/>	I can walk up <b>4 flights of stairs at a very slow pace</b> without stopping.
<input type="radio"/>	I can walk up <b>5 flights of stairs at a very slow pace</b> without stopping.
<input type="radio"/>	I can walk up <b>5 flights of stairs at a gentle pace</b> without stopping.
<input type="radio"/>	I can walk up <b>5 flights of stairs at a normal pace</b> without stopping.
<input type="radio"/>	I can walk up <b>5 flights of stairs, taking two steps at a time</b> , without stopping.
<input type="radio"/>	I can <b>run</b> up <b>5 flights of stairs</b> , without stopping.
<input type="radio"/>	I can <b>run</b> up <b>5 flights of stairs, taking two steps at a time</b> , without stopping.

#### 4. Were you able to answer these questions easily?

You have answered questions about how well you can walk/run, cycle or climb stairs **at the moment**. How well could you answer the questions? Circle the number that matches your experience with answering the questions.

<b>1. Walk/run</b>	I could not estimate/answer correctly	1	2	3	4	5	6	7	8	9	10	I could estimate/answer correctly
<b>2. Cycling</b>	I could not estimate/answer correctly	1	2	3	4	5	6	7	8	9	10	I could estimate/answer correctly
<b>3. Walking stairs</b>	I could not estimate/answer correctly	1	2	3	4	5	6	7	8	9	10	I could estimate/answer correctly

#### 5. Circle one option which is most appropriate for you

When, regardless of your fitness, you have stopped cycling, walking or climbing stairs because you have reached your limit:

- I am short of breath
- I feel pressure or pain on my chest
- My legs have given up
- I have problems with my joints