



Banff Sport Medicine

Name: _____

Date: _____

Marx Activity Rating Scale

Please indicate how often you performed each activity in your healthiest and most active state, **in the past year**

	Less than 1 time in a month	One time in a month	One time in a week	2-3 times in a week	4 or more times in a week
Running: running while playing a sport or jogging					
Cutting: changing directions while running					
Decelerating: coming to a quick stop while running					
Pivoting: turning your body with your foot planted while playing a sport; For example: skiing, skating, kicking, throwing, hitting a ball					