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Hooper & MacKinnon Questionnaire



Total

Answer the following 5 questions as truthfully as possible based on the way you feel. After reading each question, choose an answer on a scale of 1-7. A score of 1 indicates good/fine/no problem, whereas a score of 7 means bad.



		//fine/no problem, whereas a score of							
Question		Description	22	23	24	25	26	27	28
How fatigued are you?	1	No fatigue							
	2	Minimal fatigue							
	3	Better than normal							
	4	Normal							
	5	Worse than normal							
	6	Very fatigued							
	7	Exhausted - major fatigue							
Question		Description	22	23	24	25	26	27	28
How was your sleep last night?	1	Description Outstanding		23	24	25	20	21	20
	-	<u> </u>							-
	3	Very good Better than normal							-
	4	Worse than normal							
	5	Disrupted							
	6	Horrible - no sleep							
Question		Description	22	23	24	25	26	27	28
How many hours did you sleep last night?	1	10 +							
	2	9-10							
	3	8-9							
	4	8							
	5	7-8							
	6	5-7							
	7	5 or less							
Question		Description	22	23	24	25	26	27	28
Please rate your level of muscle soreness	1	No soreness							
	2	Very little soreness							
	3	Better than normal							
	4	Normal							
	5	Worse than normal							
	6	Very sore/tight							
	7	Extremely sore/tight							
	<u> </u>		l		I				
Question		Description	22	23	24	25	26	27	28
How are you feeling psychologically (Mentally)?	1	Feeling great - very relaxed			<u> </u>				—
	2	Feeling good - relaxed							<u> </u>
	3	Better than normal							
	4	Normal							<u> </u>
	5	Worse than normal							<u> </u>
	6	Stressed							—
	7	Very Stressed						<u> </u>	1