Motor Activity Chart

At the top of each column, list physical activities you do on a regular basis that can be challenging and for which you try to perform well. Activities may include sports, musical instruments, arts, games, etc. For each body part that is essential to your performance, enter a “+” for each hour you perform the activity in an average week. For example, if you play soccer three hours a week, you would enter three +’s for Feet and Legs. If you draw comics five hours a week, enter 5 +’s for Hands. After making your entries, add the number of +’s and enter the total in the Total column.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | Total |
| Toes |  |  |  |  |  |
| Feet |  |  |  |  |  |
| Legs |  |  |  |  |  |
| Hip |  |  |  |  |  |
| Trunk |  |  |  |  |  |
| Shoulders |  |  |  |  |  |
| Arms |  |  |  |  |  |
| Wrists |  |  |  |  |  |
| Hands |  |  |  |  |  |
| Fingers |  |  |  |  |  |
| Neck |  |  |  |  |  |
| Eyes |  |  |  |  |  |
| Lips |  |  |  |  |  |
| Jaw |  |  |  |  |  |
| Tongue |  |  |  |  |  |
| Throat |  |  |  |  |  |