

TeleFFIT: Rating of Balance & Mobility Effort

How hard did you have to work to keep your balance during this exercise?

1	No Effort At All	Very easy to maintain balance and felt steady during exercise.
2		
3	A little Effort	Still relatively easy to maintain balance but felt a little unsteady during exercise.
4		
5	Some Effort	Felt somewhat unsteady but did not need to take a step or grab hold of something to keep balance.
6		
7	A lot of Effort	Felt unsteady and may have needed to take a step or grab hold of something to keep balance.
8		
9	Maximal Effort	Unable to hold balance for more than 1 second.
10		

↑ Training Zone ↓