



FMC Assessment

Functional Movement Continuum -
A self-assessment of everyday function

*Designed to help you better understand
how your body supports everyday life and independence.*

This assessment is for educational purposes only and is not a medical diagnosis

How to Complete This Assessment

This assessment is designed to help you reflect on how your body currently supports everyday activities.

1. You will see a list of common daily activities grouped into different areas of movement. For each activity, choose the response that best describes how easy or difficult it feels for you at this point in time.
2. There are no right or wrong answers. The goal is not to judge or compare, but to be honest with yourself so the results are meaningful and useful.
3. Please choose one response per activity.

If an Activity Does Not Apply to You

Some activities listed may not be part of your daily life. For example, you may not have a dishwasher, you may not garden, or you may not encounter certain situations regularly.

- If you truly do not do an activity, or do it so rarely that you don't know how it would feel, leave that activity blank.
- **Do not skip an activity simply because it is difficult.** If you avoid an activity because it feels hard, uncomfortable, or unsafe, that information is important and should be reflected in your answer.

How Your Responses Are Counted

- When reviewing or totaling your results, **only count the activities you answered.**
- If you leave any activities blank because they do not apply to you, simply **divide by the number of activities you marked.** This helps keep your results accurate and reflective of your daily life.

If an Activity Feels Different on Different Days

If an activity feels easier on some days and harder on others, choose the response that reflects how it feels **most of the time**.

This is the Rating Scale that will be used for each activity:

1 – Easy / Confident

You can do this comfortably and without concern.

2 – Harder than it used to be

You can still do it, but it requires more effort, time, or attention than before.

3 – Struggling / Losing confidence

You find this challenging, avoid it when possible, or feel unsure while doing it.

4 – Can no longer do / Afraid to do

You are unable to do this, or you avoid it because it feels unsafe.

Take your time as you work through the assessment. Most people complete it in about 10-15 minutes.

Let's begin.

Rating Scale

1 - Easy / Confident

2 - Harder than it used to be

3 - Struggling / Losing confidence

4 - Can no longer do / Afraid to do

First, we'll look at how confidently you move around in your own home, doing your normal or daily activities.

1. DAILY MOBILITY - 8 Activities (Leave blank any activity that does not apply to you.)

Get in and out of a chair

☐ 1 ☐ 2 ☐ 3 ☐ 4

Step in or out of the tub or shower

☐ 1 ☐ 2 ☐ 3 ☐ 4

Get in and out of bed

☐ 1 ☐ 2 ☐ 3 ☐ 4

Get dressed

☐ 1 ☐ 2 ☐ 3 ☐ 4

Turn or pivot while walking or standing

☐ 1 ☐ 2 ☐ 3 ☐ 4

Get up during the night safely

☐ 1 ☐ 2 ☐ 3 ☐ 4

Standing at the counter to cook or prep food

☐ 1 ☐ 2 ☐ 3 ☐ 4

Standing at the sink to clean after prep

☐ 1 ☐ 2 ☐ 3 ☐ 4

Add up your score to get your
Daily Mobility total: _____

*Divide by number of exercises: _____

This is your average score _____

**Divide by the number of activities you answered in this section.*

Why it matters: Having more mobility helps you stay independent, avoid falls, and move about more freely throughout the day. Difficulty with these activities is a sign that strength and/or balance are in decline, but at this stage very reversible with the right movement exercises.

Rating Scale

1 - Easy / Confident

2 - Harder than it used to be

3 - Struggling / Losing confidence

4 - Can no longer do / Afraid to do

Next, we'll check on your stamina and strength for doing chores or movements that involve bending, lifting, rotating, reaching, pushing, or doing small repeated movements over time.

2. HOUSEHOLD STRENGTH & ENDURANCE - 10 Activities (Leave blank any activity that does not apply to you.)

Sweep

☐ 1 ☐ 2 ☐ 3 ☐ 4

Load or unload the washer or dryer

☐ 1 ☐ 2 ☐ 3 ☐ 4

Vacuum

☐ 1 ☐ 2 ☐ 3 ☐ 4

Clean the bathroom (toilet, tub, shower)

☐ 1 ☐ 2 ☐ 3 ☐ 4

Dust

☐ 1 ☐ 2 ☐ 3 ☐ 4

Do gardening tasks (dig, plant, weed, rake)

☐ 1 ☐ 2 ☐ 3 ☐ 4

Mop

☐ 1 ☐ 2 ☐ 3 ☐ 4

Shovel light snow or debris

☐ 1 ☐ 2 ☐ 3 ☐ 4

Take out the trash

☐ 1 ☐ 2 ☐ 3 ☐ 4

Load/unload dishwasher or wash dishes

☐ 1 ☐ 2 ☐ 3 ☐ 4

Add up your score to get your
Daily Mobility total: _____

*Divide by number of exercises: _____

This is your average score _____

**Divide by the number of activities you answered in this section.*

Why it matters: A reduction in endurance and strength makes it difficult to maintain an active and capable lifestyle.

Rating Scale

1 - Easy / Confident

2 - Harder than it used to be

3 - Struggling / Losing confidence

4 - Can no longer do / Afraid to do

Now, we'll check on your ability to stay steady while standing, walking, reaching, or stepping onto higher or uneven surfaces. This includes both simple balance and more challenging tasks.

3. BALANCE & STABILITY - 10 Activities (Leave blank any activity that does not apply to you.)

Walk on level ground

☐ 1 ☐ 2 ☐ 3 ☐ 4

Walking on uneven surfaces

☐ 1 ☐ 2 ☐ 3 ☐ 4

Stepping on or off curbs

☐ 1 ☐ 2 ☐ 3 ☐ 4

Get in and out of a car

☐ 1 ☐ 2 ☐ 3 ☐ 4

Stepping on or off a bus

☐ 1 ☐ 2 ☐ 3 ☐ 4

Balancing on one foot

☐ 1 ☐ 2 ☐ 3 ☐ 4

Light household repairs requiring steady footing

☐ 1 ☐ 2 ☐ 3 ☐ 4

Change an overhead light bulb on a step stool or ladder

☐ 1 ☐ 2 ☐ 3 ☐ 4

Get down on the floor

☐ 1 ☐ 2 ☐ 3 ☐ 4

Lift yourself up from the floor

☐ 1 ☐ 2 ☐ 3 ☐ 4

Add up your score to get your
Daily Mobility total: _____

*Divide by number of exercises: _____

This is your average score _____

**Divide by the number of activities you answered in this section.*

Why it matters: Having good balance protects you from falls, which is the number one cause of injury as we age.

Rating Scale

1 - Easy / Confident

2 - Harder than it used to be

3 - Struggling / Losing confidence

4 - Can no longer do / Afraid to do

Next, we'll check on your ability to stay steady while standing, walking, reaching, or stepping onto higher or uneven surfaces. This includes both simple balance and more challenging tasks.

4. FLEXIBILITY & REACH - 8 Activities (Leave blank any activity that does not apply to you.)

Clip toenails

☐ 1 ☐ 2 ☐ 3 ☐ 4

Put away groceries or laundry

☐ 1 ☐ 2 ☐ 3 ☐ 4

Put on shoes and socks

☐ 1 ☐ 2 ☐ 3 ☐ 4

Close a door with a push or pull

☐ 1 ☐ 2 ☐ 3 ☐ 4

Reach to lower shelves

☐ 1 ☐ 2 ☐ 3 ☐ 4

Lock or unlock a door with a key

☐ 1 ☐ 2 ☐ 3 ☐ 4

Bend to pick something up

☐ 1 ☐ 2 ☐ 3 ☐ 4

Reach overhead to place or remove items

☐ 1 ☐ 2 ☐ 3 ☐ 4

Add up your score to get your
Daily Mobility total: _____

*Divide by number of exercises: _____

This is your average score _____

**Divide by the number of activities you answered in this section.*

Why it matters: Loss of flexibility can sneak up slowly, making everyday tasks harder. Restoring flexibility reduces the stiffness that limits movements needed to stay self-sufficient.

Rating Scale

1 - Easy / Confident

2 - Harder than it used to be

3 - Struggling / Losing confidence

4 - Can no longer do / Afraid to do

For your final group, we'll look at your ability to safely lift, carry, push, or brace against resistance – such as carrying groceries, pushing a shopping cart, or opening a heavy door.

5. LIFT / CARRY / PUSH - 8 Activities (Leave blank any activity that does not apply to you.)

Carry groceries

☐ 1 ☐ 2 ☐ 3 ☐ 4

Carry laundry

☐ 1 ☐ 2 ☐ 3 ☐ 4

Walk while carrying items in both hands

☐ 1 ☐ 2 ☐ 3 ☐ 4

Close or open a heavy door

☐ 1 ☐ 2 ☐ 3 ☐ 4

Push a shopping cart

☐ 1 ☐ 2 ☐ 3 ☐ 4

Take items down that require lift and control

☐ 1 ☐ 2 ☐ 3 ☐ 4

Do light household repairs requiring bracing or pushing

☐ 1 ☐ 2 ☐ 3 ☐ 4

Open a new jar

☐ 1 ☐ 2 ☐ 3 ☐ 4

Add up your score to get your
Daily Mobility total: _____

*Divide by number of exercises: _____

This is your average score _____

**Divide by the number of activities you answered in this section.*

Why it matters: These actions use your whole body, especially your core and grip strength. Maintaining these abilities keeps you confident during everyday errands and prevents injuries caused by sudden or awkward loads.

What Your Scores Mean

- There were no right or wrong answers; the goal was to notice patterns.
- Each activity was rated on a scale from 1 to 4, based on how easy or difficult it felt for you right now.
- Each area of movement was looked at and calculated as an average score, because one difficult task does not define you.
- Your scores in each section were added and divided by the number of activities that you did to get the average.

This is what your averages represent:

1.0 - 1.5 = Fully Independent with High Functional Capacity

You answered with **mostly 1's** because most activities feel easy, and you do them with confidence. Your overall activities are supporting your independence well.

1.6 - 2.3 = Independent with Emerging Functional Gaps

You answered with **mostly 2's** because some activities feel harder than they used to. This is very common as we age, and often the earliest sign that strength or mobility is changing – not failing. This is an excellent time to start making small improvements to regain strength and/or mobility.

2.4 - 3.1 = Independent with Increased Functional Vulnerability

You answered with **mostly 3's** because some activities feel challenging or require extra care. You may find that you're adjusting how you move or even starting to avoid some tasks. With the right kind of movement and strengthening intervention, many people can quickly see noticeable improvements.

3.2 - 4.0 = Independence Requires Support

You answered with **mostly 4's** because many of the activities are feeling difficult or you've started to avoid them. Being here starts to affect your confidence and can affect your safety in daily life. But even long-standing limitations are often improved with the right guidance and support.

Thank you for taking the time to complete this assessment.

Your answers provide a snapshot of how you feel your body is functioning right now. This is not a diagnosis, nor a prediction. It simply reflects how your current daily habits are supporting your ability to maintain **functional movement and fitness**.

Functional fitness refers to how well your body supports the movements needed for everyday life—such as standing up, walking, reaching, lifting, carrying, and maintaining balance. These abilities influence how confident, capable, and independent daily life feels.

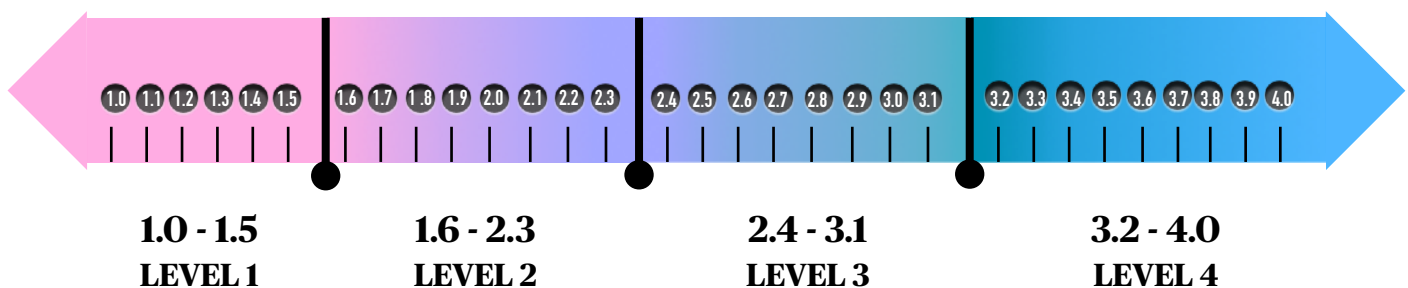
Your Current Level of Functional Independence

Based on your answers, your current level of functional independence reflects how confidently and comfortably your body is supporting everyday movement. It looks at how your current habits and routines are working together to support strength, balance, mobility, and endurance at this point in time.

It's important to note that this current level is not a permanent state, and it's common to move between levels over the years.

Both **large changes**, such as surgery, a prolonged illness, or adding resistance training, and **small changes**, like having the flu or starting a gentle movement practice, like chair yoga, can influence where someone lands on this continuum.

What matters most is recognizing that these inputs are changeable—and that with the right kinds of movement, daily life can often feel easier, more confident, and more secure.



Level 1 - Fully Independent with High Functional Capacity

Daily movement feels steady, capable, and confident.

Level 2 - Independent with Emerging Functional Gaps

You remain independent, but some activities require more effort or attention.

Level 3 - Independent with Increased Functional Vulnerability

Daily tasks feel more challenging, and confidence may be declining in certain areas.

Level 4 - Independence Requires Support

Some activities feel unsafe or are no longer manageable without assistance.

What This Means for You

For aging adults, changes in strength, balance, or mobility tend to happen gradually. For many people, these shifts go unnoticed until everyday tasks start to feel harder or require more effort. This assessment helps bring awareness to those changes.

The important takeaway is this:

functional independence is not fixed—it is always changing.

People move along this continuum over time. Consistent positive changes can improve how steady, strong, and confident daily life feels. In the same way, allowing certain abilities to slide can slowly make everyday tasks more difficult—often without being noticed right away.

Your results highlight areas where focused attention and being responsive to the right kind of movement can make the greatest difference. Many seniors are surprised to learn that improving just one or two areas can positively affect how their whole body functions in daily life.

Using This Information

This assessment is meant to be a starting point. It gives you a clearer picture of how your body is functioning in everyday life and where small changes could have a meaningful impact.

However you choose to use this information, the most important step has already been taken: **you now have greater awareness of how your body is supporting your independence right now.**