

Scoring system

0: possible without difficulty
1: possible with slight difficulty
2: possible with important difficulty
3: impossible

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|-----|--|----------------------------|----------------------------|----------------------------|----------------------------|
| 1. | Are you able to turn a key in a lock? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 2. | Are you able to cut meat with a knife? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 3. | Are you able to cut cloth or paper with a pair of scissors? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 4. | Are you able to lift a full bottle with the hand? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 5. | Are you able to clench your fist? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 6. | Are you able to tie a knot? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 7. | <i>For women</i> - Are you able to sew?
<i>For men</i> - Are you able to use a screwdriver? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 8. | Are you able to fasten buttons? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 9. | Are you able to write for a long period of time (10 mn)? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |
| 10. | Would you accept a handshake without reluctance? | <input type="checkbox"/> 0 | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 |

Result

Weight (in Kilograms)

Height (in Centimeters)

BMI

Gender

Age