



Hooper & MacKinnon Questionnaire



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.

Question	Description	1	2	3	4	5	6	7
How fatigued are you?	No fatigue							
	Minimal fatigue							
	Better than normal							
	Normal							
	Worse than normal							
	Very fatigued							
	Exhausted - major fatigue							

Question	Description	1	2	3	4	5	6	7
How was your sleep last night?	Outstanding							
	Very good							
	Better than normal							
	Worse than normal							
	Disrupted							
	Horrible - no sleep							

Question	Description	1	2	3	4	5	6	7
How many hours did you sleep last night?	10 +							
	9-10							
	8-9							
	8							
	7-8							
	5-7							
	5 or less							

Question	Description	1	2	3	4	5	6	7
Please rate your level of muscle soreness	No soreness							
	Very little soreness							
	Better than normal							
	Normal							
	Worse than normal							
	Very sore/tight							
	Extremely sore/tight							

Question	Description	1	2	3	4	5	6	7
How are you feeling psychologically (Mentally)?	Feeling great - very relaxed							
	Feeling good - relaxed							
	Better than normal							
	Normal							
	Worse than normal							
	Stressed							
	Very Stressed							