Marx Activity Rating Scale (MARS)

Name: _____ Date: _____

Please indicate how often you performed each activity in your healthiest and most active state in the past year.

1. Running: running while playing a sport or jogging

[ ] Less than 1 time in a month	0
[ ] 1 time in a month	1
[ ] 1 time in a week	2
[ ] 2 or 3 times in a week	3
[ ] 4 or more times in a week	4

2. Cutting: changing directions while running

[ ] Less than 1 time in a month	0
[ ] 1 time in a month	1
[ ] 1 time in a week	2
[ ] 2 or 3 times in a week	3
[ ] 4 or more times in a week	4

3. Decelerating: coming to a quick stop while running

[ ] Less than 1 time in a month	0
[ ] 1 time in a month	1
[ ] 1 time in a week	2
[ ] 2 or 3 times in a week	3
[ ] 4 or more times in a week	4

4. Pivoting: turning your body with your foot planted while playing a sport

[ ] Less than 1 time in a month	0
[ ] 1 time in a month	1
[ ] 1 time in a week	2
[ ] 2 or 3 times in a week	3
[ ] 4 or more times in a week	4

Scoring

Sum of 4 items, each scored 0 to 4 by frequency.

Marx Activity Rating Scale: _____ / 16

Source: Marx, R. G., Stump, T. J., Jones, E. C., Wickiewicz, T. L., & Warren, R. F. (2001). Development and evaluation of an activity rating scale for disorders of the knee. American Journal of Sports Medicine, 29(2), 213-218.

Online calculator and more: physiotutors.com/questionnaires