**Instructions:** Describe your hand use by answering the following questions with the hand use categories listed below. Use the category number (1, 2, 3, 4 or 5) that applies to you and place it in the blank after the question; however, you may choose different categories for different questions if these changes describe your hand use.

Hand use categories:

1. Left hand always.
2. Left hand preferred but sometimes use my right.
3. No preference; I can use either hand.
4. Right hand preferred but sometimes use my left.
5. Right hand always.

**WHICH HAND DO YOU USE:**

1. To eat with a fork (without a knife)? _____
2. To brush your teeth? _____
3. To draw? _____
4. To pound on a table to express anger? _____
5. To pick up a paper clip? _____
6. To throw a ball? _____
7. To cut food with a knife? _____
8. To pick up a penny? _____
9. To wave good-bye? _____
10. To carry a suitcase? _____
11. To hammer a nail? _____
12. To beat time to music? _____
13. To cut with scissors? _____
14. To hold a tennis (or other type of sport) racket? _____
15. To carry a heavy object? _____
16. To write a letter? _____
17. To snap your fingers? _____
18. To use a comb? _____
19. To hold a match while striking it? _____
20. To pick up a glass of water? _____

**Scoring procedure:** Sum the numbers for each of the twenty items and then divide by 20 to get an average score ranging from 1, *left hand always* to 5, *right hand always*. Left = average scores between 1 and 2; Right = average scores between 4 and 5; Mixed = all other scores.