



# ADAPTIVE EXERCISE GROUP

## **Please Note:**

Completion of this form is **VOLUNTARY** and is not a pre-requirement for participation in any of Adaptive Exercise Group's services. However, this forms completion is highly recommended to give Adaptive Exercise Group's Staff & Trainer's the best understanding of the Participants needs and personality. Having access to this information will help us facilitate a consistently safe and positive experience while working with us.

**Thank You!**

# Behavior Checklist:

**Instructions:** Please check the corresponding value (1-3) that you feel best applies to the questioned addressed

**Answer scale:**

- 1. = Behavior Seldom occurs or has never been expressed
- 2. = Behavior sometimes expressed with irregular pattern
- 3. = Behavior regularly occurs with a traceable pattern

**1      2      3**

1.	Learns a simple task but “forgets” quickly			
2.	Frequently does not attend to social/environmental cues			
3.	Often does not follow simple commands (sit down, come here, stand up) given once.			
4.	Insists on keeping certain objects with him/herself			
5.	Speech is atonal and arrhythmic			
6.	Strong reactions to minor changes in routine/environment			
7.	Does not follow simple prepositional commands (e.g., “put the ball in the box”)			
8.	Flaps hands (or other self-stimulating behavior)			
9.	Severe temper tantrums and/or frequent minor tantrums			
10.	Resists being touched or held			
11.	Hurts others by biting, hitting, kicking...			
12.	Repeats phrases over and over again			
13.	Hurts self by biting hand, banging head...			
14.	Does not wait for needs to be met (wants things immediately)			
15.	Covers ears at many sounds			
16.	Often frightened or very anxious			
17.	Frequently unaware of surroundings and may be oblivious to dangerous situations			
18.	Will feel, smell, or taste objects in the environment			
19.	Is very destructive (toys and household items are quickly broken)			
20.	Does not dress self without frequent help			
21.	Poor use of visual discrimination when learning (fixates on parts of objects such as size, color, position..			
22.	Gets desired objects by gesturing			