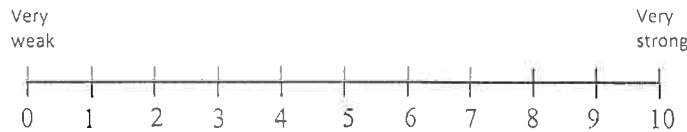


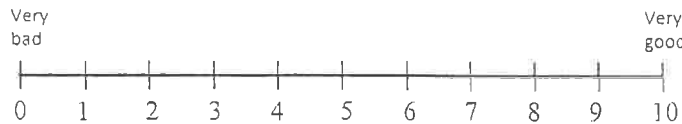
Sample Wellness Evaluation Questionnaire

Patient's name:	Date:
Phone:	Email:
Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female	Date of birth:

1. On a scale of 0-10, how would you rate your core strength?



2. On a scale of 0-10, how would you rate your quality of sleep?



3. How many times per night do you wake up to use the bathroom? Please circle your answer.

0-1 2-4 4+

4. How many times per week do you exercise? Please circle your answer.

0 1-3 4-6 6+

5. Which of the following sports and exercise activities do you participate in? Please circle all that apply.

Baseball Football Basketball Cycling Cross-fit Hockey Tennis Running Volleyball
 Soccer Yoga Swimming Pilates Weightlifting Golf Skiing
 Other: _____

6. During the last month, have you accidentally leaked urine? (e.g. when laughing, jumping, sneezing)

Yes No

7. On a scale of 0-10, how would you rate your sexual libido?



Initial number

ICIQ-UI Short Form

CONFIDENTIAL

DAY MONTH YEAR

Today's date

Many people leak urine some of the time. We are trying to find out how many people leak urine, and how much this bothers them. We would be grateful if you could answer the following questions, thinking about how you have been, on average, over the PAST FOUR WEEKS.

1 Please write in your date of birth:

DAY MONTH YEAR

2 Are you (tick one):

Female Male

3 How often do you leak urine? (Tick one box)

- never 0
- about once a week or less often 1
- two or three times a week 2
- about once a day 3
- several times a day 4
- all the time 5

4 We would like to know how much urine you think leaks.

How much urine do you usually leak (whether you wear protection or not)?
(Tick one box)

- none 0
- a small amount 2
- a moderate amount 4
- a large amount 6

5 Overall, how much does leaking urine interfere with your everyday life?

Please ring a number between 0 (not at all) and 10 (a great deal)

0 1 2 3 4 5 6 7 8 9 10
not at all a great deal

ICIQ score: sum scores 3+4+5

6 When does urine leak? (Please tick all that apply to you)

- never – urine does not leak
- leaks before you can get to the toilet
- leaks when you cough or sneeze
- leaks when you are asleep
- leaks when you are physically active/exercising
- leaks when you have finished urinating and are dressed
- leaks for no obvious reason
- leaks all the time

Thank you very much for answering these questions.