NatCen
National Centre for Social Research

**P8796**

# HEALTH AND LIFESTYLES OF PEOPLE AGED 50 AND OVER

## GRIP STRENGTH

Serial number | | | | | | | | | | Ck | | Person | | |

**Dominant hand**: (*please tick one*)

Left ☐ Right ☐

**Enter Measurements Below:**

| | | | |
|---|---|---|---|
| 1st measurement non-dominant hand | | | |
| 1st measurement dominant hand | | | |
| 2nd measurement non-dominant hand | | | |
| 2nd measurement dominant hand | | | |
| 3rd measurement non-dominant hand | | | |
| 3rd measurement dominant hand | | | |

NatCen
National Centre for Social Research

P8796

HEALTH AND LIFESTYLES OF PEOPLE AGED 50 AND OVER

GRIP STRENGTH

Serial number | | | | | | | | | | Ck | | Person | | |

Dominant hand: (*please tick one*)

Left ☐ Right ☐

Enter Measurements Below:

| | | | |
|---|---|---|---|
| 1st measurement non-dominant hand | | | |
| 1st measurement dominant hand | | | |
| 2nd measurement non-dominant hand | | | |
| 2nd measurement dominant hand | | | |
| 3rd measurement non-dominant hand | | | |
| 3rd measurement dominant hand | | | |