

Nijmegen Questionnaire

	Never 0	Rarely 1	Sometimes 2	Often 3	Very Often 4
Chest pain					
Feeling tense					
Blurred vision					
Dizzy spells					
Feeling confused					
Faster or deeper breathing					
Short of breath					
Tight feelings in chest					
Bloated feeling in stomach					
Tingling fingers					
Unable to breathe deeply					
Stiff fingers or arms					
Tight feelings round mouth					
Cold hands or feet					
Palpitations					
Feeling of anxiety					

Understanding Your Score:

- **Low Scores (0-20):** These indicate that your breathing patterns are generally healthy and aligned with normal experiences.
- **Moderate Scores (21-40):** Your responses suggest some variations in your breathing patterns. While not alarming, exploring ways to improve your breathing habits could be beneficial.
- **High Scores (41-80):** A higher score indicates that you might be experiencing some irregular breathing patterns that could potentially lead to health concerns. It's recommended to consider seeking professional advice or interventions to address these patterns.

Remember that the questionnaire is an initial self-assessment tool.

If your score raises concerns, consulting a healthcare professional is advisable for a more thorough evaluation and personalized guidance.

Your willingness to engage in this process is a step toward better understanding and potentially improving your breathing habits.

Call Brian for free consultation and improve your overall fitness.

[SCHEDULE A CALL](#)

<https://breath4life.clinic/breath-for-life-clinic-calendar/>