



Kinesio Training & Movement Therapy

# CORPORATE EMPLOYEE HEALTH REPORT

## Mini Audit (10 Key Indicators)

**Purpose:** Help HR identify hidden risks affecting productivity, wellbeing, and absenteeism among employees.

**Format:** Each statement is rated by employees from 1 (Strongly Disagree) to 5 (Strongly Agree).

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### Section 1 — Physical Health & Pain Indicators

1. “I regularly experience discomfort or pain in my back, neck, shoulders, or hips during or after work.”

1	2	3	4	5
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→ High scores indicate musculoskeletal strain, poor ergonomics, and potential chronic pain risk.

2. “Sitting for long periods makes me feel stiff or fatigued.”

1	2	3	4	5
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→ Shows level of mobility restriction and sedentary stress.

3. “I feel that my posture worsens throughout the day (slouching, forward head position).”

1	2	3	4	5
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→ Indicates core weakness and postural instability affecting energy and cognitive function.

4. “I often feel muscle tension or tightness that affects my comfort or focus at work.”

1	2	3	4	5
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→ Identifies chronic overload of upper traps, forearms, and low back.

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## Section 2 — Energy, Focus, and Productivity

5. “My physical state (pain, tension, fatigue) affects my ability to stay focused during work.”

1	2	3	4	5
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→ Direct link between physical dysfunction and productivity loss.

6. “By the afternoon, I often feel low-energy, tired, or mentally foggy.”

1	2	3	4	5
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→ Captures metabolic issues, weak core engagement, poor breathing mechanics.

7. “I feel stressed regularly during the workweek.”

1	2	3	4	5
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→ Measures chronic stress load and potential burnout risk.

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## Section 3 — Movement Lifestyle & Recovery

8. “I do not have enough time or energy after work to take care of my physical health (exercise, stretching, movement).”

1	2	3	4	5
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→ Indicates barriers to wellness outside the workplace.

9. “I feel my body is getting weaker or less mobile compared to previous years.”

1	2	3	4	5
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→ Early marker of long-term musculoskeletal decline.

10. “I would be interested in workplace wellness programs that help improve posture, reduce pain, and increase energy.”

1	2	3	4	5
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→ Measures readiness for participation and potential engagement levels.

Employee Name \_\_\_\_\_

Department \_\_\_\_\_

Summary Score (Employee Health Index) \_\_\_\_\_