

Please indicate which hand you use for each of the following activities by putting a + in the appropriate column or a ++ if you would never use the other hand for that activity. If in any case you are really indifferent, put + in both columns. Some of the activities require both hands. IN these cases the part of the task, or object, for which hand preference is wanted is indicated in parentheses.

Task	Left	Right
Writing		
Drawing		
Throwing		
Scissors		
Toothbrush		
Knife (without fork)		
Spoon		
Broom (upper hand)		
Striking match (hand that holds the match)		
Opening box (hand that holds the lid)		

Create a Left and Right Score by counting the total number of + signs in each column. Your handedness scores is $(\text{Right} - \text{Left}) / (\text{Right} + \text{Left})$: thus, a pure right-hander will have a scores of $(20 - 0) / (20 + 0) = 1$, and a pure left-hander will have a score of $(0 - 20) / (0 + 20) = -1$.

Right: (number of +'s in Right column)

Left: (number of +'s in Left column)

Right - Left:

Right + Left:

$(\text{Right} - \text{Left}) / (\text{Right} + \text{Left})$: (handedness score)