

Hanyar zaɓin tsauri – Bisa sikelin/Ma’aurin Borg

1. Zaɓi tsauri (kala) da ta dace da matakin marar lafiya
2. Tambayi marar lafiya ya maimaita sau uku.
3. Tambayi marar lafiya ya zaɓi matakin wahala da yake ji daga sifili(0) zuwa goma (10).
4. Ta hanyar amfani da wannan bayani daga mara lafiya sai a daidaita wahalar kowanne motsa jiki.
5. Kwatanta da hannu mai lafiya, domin zaɓin tsaurin yadda marar lafiya yake.
  - Idan motsa jiki ya kunshi yin yatsu daban-daban, kafa tsauri a kan yatsa na farko.
6. Tambayi marar lafiya ya maimaita sau 10 da ko wane hannu.
7. A shigar da matakin tsauri a kan kundin marar lafiya da littafin motsa jiki na kowanne motsa jiki.

***NB: lokacin atisaye an farko, zaɓi tsauri da mara lafiya ya zaɓa tsakanin 3 zuwa 4 (matsakaici zuwa mai karfi).***

0	Babu komi
1	mai sauƙi sosai
2	Mai sauƙi
3	matsakaici
4	Da dan wahala
5	Da wahala
6	
7	Da wahala sosai
8	
9	
10	Da tsananin wahala

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