

DUKE ACTIVITY STATUS INDEX

Please circle Yes or No in the following questions.

* Yes = Yes, I can currently do this * No = No I cannot currently do this but would like to

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| 1. Take care of yourself, that is, eat, dress, bathe, and use the toilet? | Yes | No |
| 2. Walk indoors, such as around your house? | Yes | No |
| 3. Walk a block or two on level ground? | Yes | No |
| 4. Climb a flight of stairs or walk up a hill? | Yes | No |
| 5. Run a short distance? | Yes | No |
| 6. Do light work around the house like dusting, or washing dishes? | Yes | No |
| 7. Do moderate work around the house like vacuuming, sweeping floors, or carrying groceries? | Yes | No |
| 8. Do heavy work around the house like scrubbing floors, lifting or moving heavy furniture? | Yes | No |
| 9. Do yard work like raking leaves, weeding, or pushing a power mower? | Yes | No |
| 10. Have sexual relations? | Yes | No |
| 11. Participate in moderate recreational activities like golf, bowling, doubles tennis or throwing a basketball or football? | Yes | No |
| 12. Participate in strenuous sports like swimming, singles tennis, football, basketball or skiing? | Yes | No |