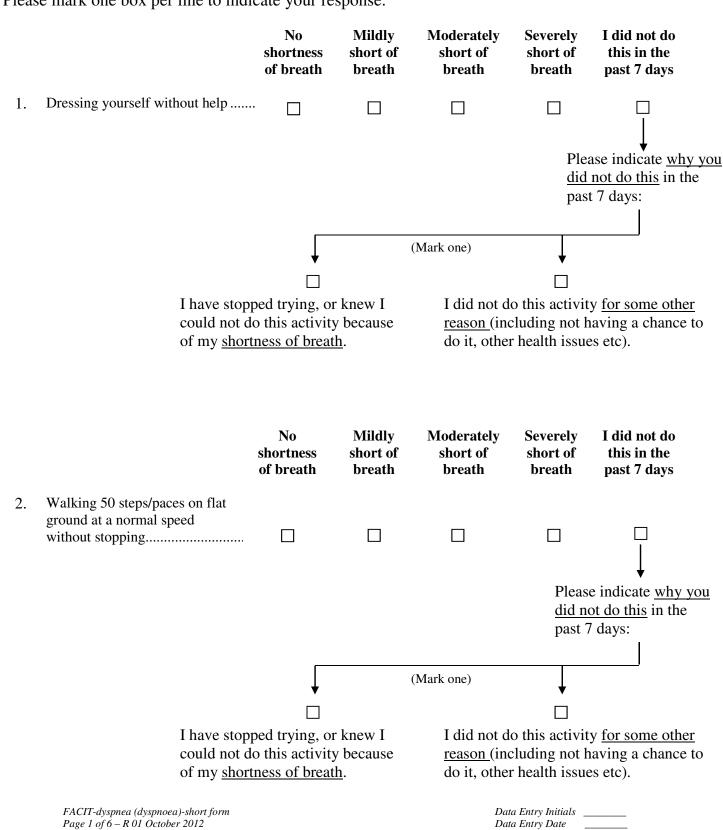
# <u>Part I.</u> <u>Over the past 7 days</u>, how short of breath did you get with each of these activities? Please mark one box per line to indicate your response.



			No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days	
3.	Walking up 20 stairs (2 without stopping		П	П			П	
			Ш	Ш		you	ase indicate why i did not do this in past 7 days:	
					(Mark one)			
			<b>▼</b>			<b>▼</b>		
	1	I have stopped trying, or knew I could not do this activity because of my shortness of breath.			I did not do this activity <u>for some other</u> <u>reason</u> (including not having a chance to do it, other health issues etc).			
			No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days	
4.	Preparing meals							
	1	could not do	bed trying, of this activitiness of brea	y because	<u>reason</u> (in	did pas U do this activit	ase indicate why you not do this in the t 7 days:  Ty for some other naving a chance to es etc).	
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		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days	
5.	Washing dishes					Ţ	
					<u>did n</u>	e indicate <u>why you</u> ot do this in the 7 days:	
		Ţ		(Mark one)	<b>—</b>		
	could n	stopped trying, or ot do this activity hortness of breat	y because	I did not do this activity <u>for some other reason</u> (including not having a chance to do it, other health issues etc).			
		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days	
6.	Sweeping or mopping					□ 1	
					did n	e indicate <u>why you</u> ot do this in the days:	
				(Mark one)	I	<u>_</u> _	
	I have stopped trying, or knew I could not do this activity because of my shortness of breath.			I did not do this activity for some other reason (including not having a chance to do it, other health issues etc).			
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		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days		
7.	Making a bed							
						<b>↓</b>		
					<u>did n</u>	e indicate <u>why you</u> ot do this in the 7 days:		
				(Mark one)				
		<b>+</b>			<b>♦</b>			
	I have stor	⊔ ned trying o	r knew I	I did not d	∟ o this activit	y for some other		
	could not o	I have stopped trying, or knew I could not do this activity because of my shortness of breath.			I did not do this activity <u>for some other</u> <u>reason</u> (including not having a chance to do it, other health issues etc).			
		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days		
8.	Lifting something weighing 10-20 lbs (about 4.5-9kg, like a							
	large bag of groceries)					Ţ		
					<u>did n</u>	e indicate <u>why you</u> ot do this in the 7 days:		
		igcup		(Mark one)	$\downarrow$	<u> </u>		
	could not o	pped trying, or lo this activity tness of breat	y because	reason (inc		ty for some other naving a chance to es etc).		
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		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days	
9.	Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries) from one						
	room to another					I	
					Di	<b>↓</b>	
						e indicate <u>why you</u> ot do this in the	
						7 days:	
				(Mark one)			
		<b>+</b>		(Mark one)	<b>+</b>		
	I have ston	ped trying, or	r knew I	I did not d	L o this activit	y for some other	
	could not d	y because	I did not do this activity <u>for some other</u> <u>reason</u> (including not having a chance to				
	of my <u>shor</u>	tness of breat	<u>th</u> .	do it, other	health issue	alth issues etc).	
		No shortness of breath	Mildly short of breath	Moderately short of breath	Severely short of breath	I did not do this in the past 7 days	
10.	•						
	speed) for ½ mile (almost 1 km) without stopping	П					
		_	_	_	_	<b>↓</b>	
						e indicate why you	
						ot do this in the days:	
		<b>↓</b>		(Mark one)	$\downarrow$		
	I have stopped trying, or knew I could not do this activity because of my shortness of breath.			I did not do this activity <u>for some other</u> <u>reason</u> (including not having a chance to			
				do it, other health issues etc).			
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# <u>Part II: Functional Limitation.</u> Considering your shortness of breath <u>over the past 7 days</u>, rate the amount of difficulty you had when doing the following activities:

		No difficulty	A little difficulty	Some difficulty	Much difficulty
1.	Dressing yourself without help				
2.	Walking 50 steps/paces on flat ground at a normal speed without stopping				
3.	Walking up 20 stairs (2 flights) without stopping				
4.	Preparing meals				
5.	Washing dishes				
6.	Sweeping or mopping				
7.	Making a bed				
8.	Lifting something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries)				
9.	Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries) from one room to another				
10.	Walking (faster than your usual speed) for ½ mile (almost 1 km) without stopping				

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