

Dyspnea Functional Limitations

Please respond to each question or statement by marking one box per row.

Considering your shortness of breath over the past 7 days, rate the amount of difficulty you had when doing the following activities:

		No difficulty	A little difficulty	Some difficulty	Much difficulty	I did not do this in the past 7 days
DYSFL001	Dressing yourself without help	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL002	Walking 50 steps/paces on flat ground at a normal speed without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL003	Walking up 20 stairs (2 flights) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL004	Preparing meals	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL005	Washing dishes.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL006	Sweeping or mopping.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL007	Making a bed	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL008	Lifting something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL009	Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries) from one room to another	☐ 0	☐ 1	☐ 2	☐ 3	☐ X

Considering your shortness of breath over the past 7 days, rate the amount of difficulty you had when doing the following activities:

		No difficulty	A little difficulty	Some difficulty	Much difficulty	I did not do this in the past 7 days
DYSFL010	Walking (faster than your usual speed) for ½ mile (almost 1 km) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL011	Taking a bath without help.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL012	Taking a shower	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL013	Putting on socks or stockings	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL014	Standing for at least 5 minutes	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL015	Walking 10 steps/paces on flat ground at a normal speed without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL016	Walking ½ mile (almost 1 km) on flat ground at a normal speed without stopping .	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL017	Walking up 5 stairs without stopping.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL018	Walking up 10 stairs (1 flight) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL019	Walking up 30 stairs (3 flights) without stopping	☐ 0	☐ 1	☐ 2	☐ 3	☐ X

Considering your shortness of breath over the past 7 days, rate the amount of difficulty you had when doing the following activities:

		No difficulty	A little difficulty	Some difficulty	Much difficulty	I did not do this in the past 7 days
DYSFL020	Scrubbing the floor or counter	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL021	Lifting something weighing less than 5 lbs (about 2 kg, like a houseplant)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL022	Lifting something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes) .	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL023	Lifting something weighing more than 20 lbs (about 9 kg, like a medium-sized suitcase)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL024	Carrying something weighing less than 5 lbs (about 2 kg, like a houseplant) from one room to another.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL025	Carrying something weighing 5-10 lbs (about 2-4.5 kg, like a basket of clothes) from one room to another.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL026	Getting in or out of a car	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL027	Dining out.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL028	Low-intensity leisure activity (gardening, etc.)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL029	Moderate-intensity leisure activity (bicycling on level terrain, etc.)	☐ 0	☐ 1	☐ 2	☐ 3	☐ X

Considering your shortness of breath over the past 7 days, rate the amount of difficulty you had when doing the following activities:

		No difficulty	A little difficulty	Some difficulty	Much difficulty	I did not do this in the past 7 days
DYSFL030	Walking (faster than your usual speed) for 50 steps without stopping.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL031	Walking (faster than your usual speed) for at least 1 mile (a little more than 1.5 km) without stopping.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL032	Singing or humming.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X
DYSFL033	Talking while walking.....	☐ 0	☐ 1	☐ 2	☐ 3	☐ X