**Dyspnea Functional Limitations - Short Form 10a**

**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 |
|  |  |  |  |  |  |  |
| DYSFL010 | Walking (faster than your usual speed) for ½ mile (almost 1 km) without stopping  | 🞎0 | 🞎1 | 🞎2 | 🞎3 | 🞎X |