

Instructions

This booklet contains items which describe common activities that people do in their daily lives. Read each item carefully and place an "X" in the column which indicates whether you are still doing the activity, have stopped doing the activity, or never did the activity. Use the following instructions in making your responses:

Place an "X" in the column marked *Still Doing This Activity* if:

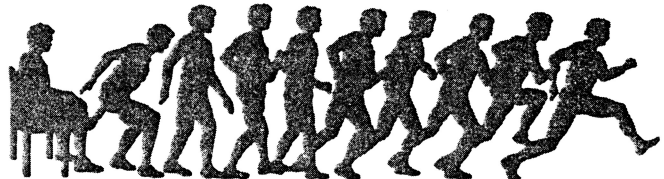
you completed the activity unassisted the last time you had the need or opportunity to do so.

Place an "X" in the column marked *Have Stopped Doing This Activity* if:

you have engaged in the activity in the past, but you probably would not perform the activity today even if you had the opportunity.

Place an "X" in the column marked *Never Did This Activity* if:

you have never engaged in the specific activity.



	<i>Still Doing This Activity</i>	<i>Have Stopped Doing This Activity</i>	<i>Never Did This Activity</i>
1. Getting in and out of chairs or bed (without assistance)			
2. Listening to the radio			
3. Reading books, magazines, or newspapers			
4. Writing (letters, notes)			
5. Working at a desk or table			
6. Standing (for more than 1 minute)			
7. Standing (more than 5 minutes)			
8. Dressing or undressing (without assistance)			
9. Getting clothes from drawers or closets			
10. Getting in or out of a car (without assistance)			
11. Dining at a restaurant			
12. Playing cards/table games			
13. Taking a bath (no assistance needed)			
14. Putting on shoes, stockings, or socks (no rest or break needed)			
15. Attending a movie, play, church event, or sports activity			
16. Walking 30 yards (27 meters)			
17. Walking 30 yards (nonstop)			
18. Dressing/undressing (no rest break needed)			
19. Using public transportation or driving a car (99 miles or less)			
20. Using public transportation or driving a car (100 miles or more)			
21. Cooking your own meals			
22. Washing or drying dishes			
23. Putting groceries on shelves			
24. Ironing or folding clothes			

	<i>Still Doing This Activity</i>	<i>Have Stopped Doing This Activity</i>	<i>Never Did This Activity</i>
25. Dusting/polishing furniture or polishing a car			
26. Showering			
27. Climbing 6 steps			
28. Climbing 6 steps (nonstop)			
29. Climbing 9 steps			
30. Climbing 12 steps			
31. Walking 1/2 block on level ground			
32. Walking 1/2 block on level ground (nonstop)			
33. Making a bed (not changing sheets)			
34. Cleaning windows			
35. Kneeling/squatting to do light work			
36. Carrying a light load of groceries			
37. Climbing 9 steps (nonstop)			
38. Climbing 12 steps (nonstop)			
39. Walking 1/2 block uphill			
40. Walking 1/2 block uphill (nonstop)			
41. Shopping (by yourself)			
42. Washing clothes (by yourself)			
43. Walking 1 block on level ground			
44. Walking 2 blocks on level ground			
45. Walking 1 block on level ground (nonstop)			
46. Walking 2 blocks on level ground (nonstop)			
47. Scrubbing (floors, walls, or cars)			
48. Making a bed (changing sheets)			
49. Sweeping			
50. Sweeping (5 minutes nonstop)			

	<i>Still Doing This Activity</i>	<i>Have Stopped Doing This Activity</i>	<i>Never Did This Activity</i>
51. Carrying a large suitcase or bowling (one game)			
52. Vacuuming carpets			
53. Vacuuming carpets (5 minutes nonstop)			
54. Painting (interior/exterior)			
55. Walking 6 blocks on level ground			
56. Walking 6 blocks on level ground (nonstop)			
57. Carrying out the garbage			
58. Carrying a heavy load of groceries			
59. Climbing 24 steps			
60. Climbing 36 steps			
61. Climbing 24 steps (nonstop)			
62. Climbing 36 steps (nonstop)			
63. Walking 1 mile			
64. Walking 1 mile (nonstop)			
65. Running 110 yards (100 meters) or playing softball/baseball			
66. Dancing (social)			
67. Doing calisthenics or aerobic dancing (5 minutes nonstop)			
68. Mowing the lawn (power mower, but not a riding mower)			
69. Walking 2 miles			
70. Walking 2 miles (nonstop)			
71. Climbing 50 steps (2 1/2 floors)			
72. Shoveling, digging, or spading			
73. Shoveling, digging, or spading (5 minutes nonstop)			
74. Climbing 50 steps (nonstop)			

	<i>Still Doing This Activity</i>	<i>Have Stopped Doing This Activity</i>	<i>Never Did This Activity</i>
75. Walking 3 miles or golfing 18 holes without a riding cart			
76. Walking 3 miles (nonstop)			
77. Swimming 25 yards			
78. Swimming 25 yards (nonstop)			
79. Bicycling 1 mile			
80. Bicycling 2 miles			
81. Bicycling 1 mile (nonstop)			
82. Bicycling 2 miles (nonstop)			
83. Running or jogging 1/4 mile			
84. Running or jogging 1/2 mile			
85. Playing tennis or racquetball			
86. Playing basketball/soccer (game play)			
87. Running or jogging 1/4 mile (nonstop)			
88. Running or jogging 1/2 mile (nonstop)			
89. Running or jogging 1 mile			
90. Running or jogging 2 miles			
91. Running or jogging 3 miles			
92. Running or jogging 1 mile in 12 minutes or less			
93. Running or jogging 2 miles in 20 minutes or less			
94. Running or jogging 3 miles in 30 minutes or less			