

Duke Activity Status Index

Name: _____ Date: _____

Can you: (please circle Yes or No)

1. Take care of yourself--that is, eat, dress, bathe, or use the toilet?	Yes	No	2.75
2. Walk indoors, such as around your house?	Yes	No	1.75
3. Walk a block or two on level ground?	Yes	No	2.75
4. Climb a flight of stairs or walk up a hill?	Yes	No	5.50
5. Run a short distance?	Yes	No	8.00
6. Do light work around the house like dusting or washing dishes?	Yes	No	2.70
7. Do moderate work around the house like vacuuming, sweeping floors, or carrying groceries?	Yes	No	3.50
8. Do heavy work around the house like scrubbing floors or lifting or moving heavy furniture?	Yes	No	8.00
9. Do yard work like raking leaves, weeding, or pushing a power mower?	Yes	No	4.50
10. Have sexual relations?	Yes	No	5.25
11. Participate in moderate recreational activities like golf, bowling, doubles tennis, or throwing a baseball or football?	Yes	No	6.00
12. Participate in strenuous sports like swimming, singles tennis, football, basketball, or skiing?	Yes	No	7.50

FOR OFFICE USE

DASI = SUM values of all "yes" replies _____
VO 2 PENK = $(0.43 \times \text{DASI}) + 9.6$

VO 2 PEAK = _____ ml/kg/min divided by 3.5 ml/kg/min = _____ METS