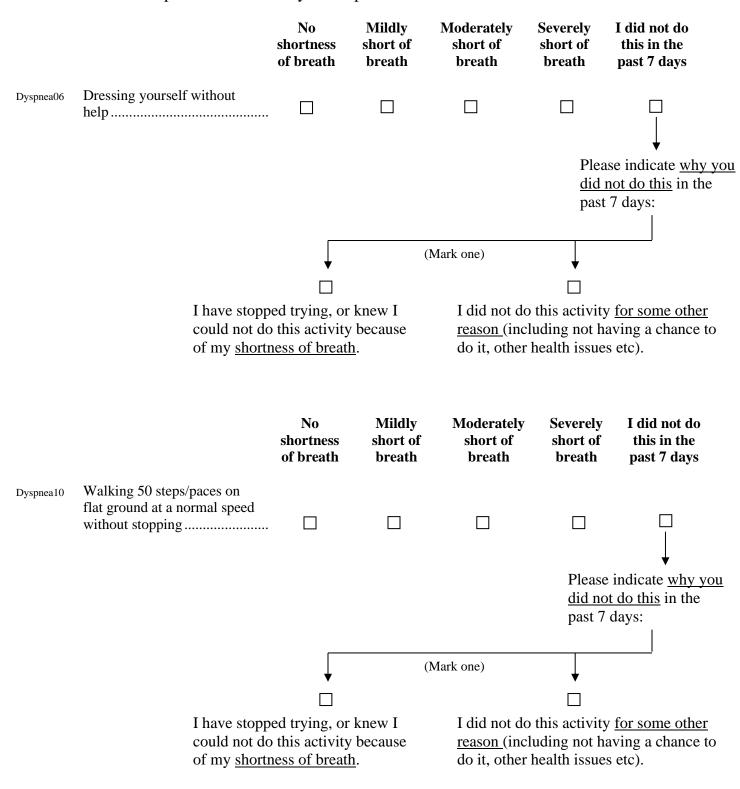
Part I. Over the past 7 days, how short of breath did you get with each of these activities?

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
Dyspnea15	Walking up 20 stairs (2 flights) without stopping	. 🗆				
					<u>d</u> :	lease indicate why you id not do this in the ast 7 days:
		\downarrow		(Mark one)	$\overline{}$	<u> </u>
	could not do	stopped trying, or knew I not do this activity because shortness of breath.		I did not do this active reason (including no do it, other health iss		having a chance to
		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
Dyspnea19	Preparing meals					Ţ
					did	ease indicate why you I not do this in the st 7 days:
		\downarrow		(Mark one)	\downarrow	
	I have stoppe could not do of my <u>shortne</u>	this activity	because	reason (inc		ty <u>for some other</u> having a chance to es 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
Dyspnea20	Washing dishes					
						indicate why you do this in the lays:
			(M	Mark one)	<u> </u>	
	could not do	ed trying, or knew I this activity because ness of breath.		reason (inclu	this activity <u>for some other</u> uding not having a chance to 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
Dyspnea21	Sweeping or mopping					
						indicate why you do this in the lays:
			(N	Mark one)	—	
	I have stoppe could not do of my <u>shortn</u>	this activity	because		ading not ha	for some other ving a chance to 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
Dyspnea23	Making a bed					
						indicate why you t do this in the days:
		↓		(Mark one)	—	
	could not do	ped trying, or knew I to this activity because tness of breath.		I did not do this activity for so reason (including not having do it, other health issues etc).		aving a chance to
		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
Dyspnea26	Lifting something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries)					
						indicate why you t do this in the days:
		T		(Mark one)	—	
	could not do	ed trying, or this activity ness of breatl	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		
Dyspnea30	Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries) from		_					
	one room to another					\downarrow		
						indicate why you do this in the lays:		
			(N	fark one)	Ţ			
	could not do	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		
Dyspnea45	Walking (faster than your usual speed) for ½ mile (almost 1 km) without stopping							
						indicate why you do this in the lays:		
			(M	fark one)	$\overline{}$	<u>'</u>		
	could not do	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).			

<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
FL06	Dressing yourself without help				
FL10	Walking 50 steps/paces on flat ground at a normal speed without stopping				
FL15	Walking up 20 stairs (2 flights) without stopping				
FL19	Preparing meals				
FL20	Washing dishes				
FL21	Sweeping or mopping				
FL23	Making a bed				
FL26	Lifting something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries)				
FL30	Carrying something weighing 10-20 lbs (about 4.5-9kg, like a large bag of groceries) from one room to another				
FL45	Walking (faster than your usual speed) for ½ mile (almost 1 km) without stopping				