

## Dartmouth COOP Quality of Life Assessment

### Cardiovascular Fitness

Date: \_\_\_\_\_ Pre Score: \_\_\_\_\_ Post Score: \_\_\_\_\_

#### 1. Physical Fitness

During the past 4 weeks what was the hardest physical you could do for at least 2 minutes?

- Very heavy---Run fast, carry heavy loads uphill
- Heavy---Jog; climb stairs or hill
- Moderate--- Walk medium; carry heavy loads
- Light--- Walk medium; carry light loads
- Very light---Walk slow; wash dishes

#### 2. Feelings

During the past 4 weeks how much have you been bothered by emotional problems such as feeling Anxious, depressed, irritable or downhearted and blue?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

#### 3. Daily Activities

During the past 4 weeks how much difficulty have you had doing your usual activities or tasks, both inside and outside the house because of your physical and emotional health?

- No difficulty at all
- A little bit of difficulty
- Some difficulty
- Much difficulty
- Could not do

#### 4. Social Activities

During the past 4 weeks has your physical and emotional health limited your social activities with family, friends, neighbors or groups?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

#### 5. Pain

During the past 4 weeks, how much bodily pain have you generally had?

- No pain
- Very mild pain
- Mild pain
- Moderate pain
- Severe pain

## 6. Change in Health

How would you rate your overall health now compared to 4 weeks ago?

- Much Better
- A little better
- About the same
- A little worse
- Much worse

## 7. Overall Health

During the past 4 weeks how would you rate your health in general?

- Excellent
- Very good
- Good
- Fair
- Poor

## 8. Social Support

During the past weeks was someone available to help if you wanted and wanted help? For Example, if you:

-Felt very nervous, lonely and blue      - Got sick and had to stay in bed

- Needed someone to talk to      - Needed help with daily chores

- Yes, as much as I wanted
- Yes, quite a bit
- Yes, some
- Yes, a little
- No, not at all

## 9. Quality of Life

How have things been going for you during the past 4 weeks?

- Very well- could hardly be better
- Pretty good
- Good and bad parts about equal
- Pretty bad
- Very bad: Could hardly be worse