



# VETERANS SPECIFIC ACTIVITY QUESTIONNAIRE

ID NUMBER:

FORM CODE: VSA  
VERSION: 1.0 10/26/10

Visit Number

SEQ #

0a) Form Date.....   /   /

0b) Initials.....

**Instructions:** Questionnaire should be completed during the study visit. Mark only one answer, and read questions exactly as written.

The following is a list of activities that increase in difficulty as you read down the page. Think carefully, then select the first activity that, if you performed it for a period of time, would typically cause fatigue, shortness of breath, chest discomfort, or otherwise cause you to want to stop. If you do not normally perform a particular activity, try to imagine what it would be like if you did.

- 1) 1 MET Eating, getting dressed, working at a desk .....
- 2) 2 METs Taking a shower, shopping, cooking  
Walking down 8 steps .....
- 3) 3 METs Walking slowly on a flat surface for 1 or 2 blocks  
A moderate amount of work around the house, such as vacuuming,  
sweeping the floors, or carrying groceries .....
- 4) 4 METs Light yard work (ie, raking leaves, weeding, sweeping, or pushing a  
power mower), painting, or light carpentry .....
- 5) 5 METs Walking briskly  
Social dancing, washing the car .....
- 6) 6 METs Play 9 holes of golf carrying your own clubs. Heavy carpentry,  
mow lawn with push mower .....
- 7) 7 METs Carrying 60 pounds, perform heavy outdoor work (ie, digging, spading soil, etc)  
Walking uphill .....
- 8) 8 METs Carrying groceries upstairs, move heavy furniture  
Jog slowly on flat surface, climb stairs quickly .....
- 9) 9 METs Bicycling at a moderate pace, sawing wood, jumping rope (slowly) .....
- 10) 10 METs Brisk swimming, bicycle up a hill, jog 6 miles per hour .....
- 11) 11 METs Carry a heavy load (ie, a child or firewood) up 2 flights of stairs .....
- 12) 12 METs Running briskly, continuously (level ground, 8 min per mile) .....
- 13) 13 METs Any competitive activity, including those that involve intermittent sprinting  
Running competitively, rowing competitively, bicycle riding .....

Myers J, Bader D, Madhavan R, et al. Validation of a specific activity questionnaire to estimate exercise tolerance in patients referred for exercise testing. Am Heart J 2001; 142:1041-1046