

**VETERANS SPECIFIC ACTIVITY
 QUESTIONNAIRE**

ID NUMBER:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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FORM CODE: **VSA**
 VERSION: 1.0 01/14/2025

Event: _____

0a) Date of Collection / /

0b) Staff Code

Instructions: Questionnaire should be completed during the participant's clinic visit. Mark only one answer, and read questions exactly as written.

1. 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 (i.e., 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 (i.e., digging, spading soil, etc.)
 Walking uphill

- 8=8 METs Carrying groceries upstairs, move heavy furniture
 Jog slowly on flat surface, climb stairs quickly

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.

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- 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 (i.e., a child or firewood) up 2 flights of stairs
 Cross-country ski, bicycling briskly, continuously

- 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.