

Choose the answer that you feel best answers the question for you and place a “√” in the corresponding box.

<b>Admission Date:</b>	<b>30/60 Day Date:</b>	<b>Discharge Date:</b>
_____	_____	_____

**Feelings**

1. During the past 4 weeks how much have you been bothered by emotional problems such as feeling anxious, depressed, irritable, or downhearted and blue?	Admission	30/60 Day	Discharge
(1) = No difficulty at all			
(2) = A little bit of difficulty			
(3) = Moderately Some difficulty			
(4) = Much difficulty			
(5) = Extremely Could not do			

**Physical Fitness**

2. During the past 4 weeks what was the hardest physical activity you could do for at least 2 minutes?	Admission	30/60 Day	Discharge
(1) = Very Heavy---Run Fast; Carry Heavy Loads Uphill			
(2) = Heavy / Jog; Climb Stairs or Hill			
(3) = Moderate---Walk Medium; Carry Heavy Loads			
(4) = Light---Walk Medium; Carry Light Loads			
(5) = Very Light---Walk Slow; Wash Dishes			

**Social Support**

3. During the past 4 weeks was someone available to help you if you needed and wanted help? <i>(For example, if you: Felt very nervous, lonely, or blue; Got sick and had to stay in bed; Needed someone to talk to; Needed help with daily chores; Needed help just taking care of yourself).</i>	Admission	30/60 Day	Discharge
(1) = Yes, as much as I wanted			
(2) = Yes, quite a bit			
(3) = Yes, some			
(4) = Yes, a little			
(5) = No, not at all			

**Daily Activities**

4. 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?	Admission	30/60 Day	Discharge
(1) = No difficulty at all			
(2) = A little bit of difficulty			
(3) = Some difficulty			
(4) = Much difficulty			
(5) = Could not do			

**Social Activities**

5. During the past 4 weeks has your physical and emotional health limited your social activities with family, friends, neighbors, or groups?	Admission	30/60 Day	Discharge
(1) = Not at all			
(2) = Slightly			
(3) = Moderately			
(4) = Quite a bit			
(5) = Extremely			

**Pain**

6. During the past 4 weeks how much bodily pain have you generally had?	Admission	30/60 Day	Discharge
(1) = No pain			
(2) = Very Mild Pain			
(3) = Mild Pain			
(4) = Moderate Pain			
(5) = Severe Pain			

**Overall Health**

7. During the past 4 weeks how would you rate your health in general?	Admission	30/60 Day	Discharge
(1) = Excellent			
(2) = Very Good			
(3) = Good			
(4) = Fair			
(5) = Poor			

**Quality of Life**

8. How have things been going for you during the past 4 weeks?	Admission	30/60 Day	Discharge
(1) = Very Well-Could hardly be better			
(2) = Pretty good			
(3) = Good & bad parts about equal			
(4) = Pretty bad			
(5) = Very bad-Could hardly be worse			

**Change in Health**

9. How would you rate your overall health now compared to 4 weeks ago?	Admission	30/60 Day	Discharge
(1) = Much Better			
(2) = A little better			
(3) = About the same			
(4) = A little worse			
(5) = Much worse			

<b>TOTALS</b>			
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