

THE DUKE ACTIVITY STATUS INDEX

Circle Yes or No to the questions

Activity	Yes or No	Weight
1. Are you able to take care of yourself, that is, eating, dressing, bathing, or using the toilet yet?	Y N	2.75
2. Are you able to walk indoors, such as around the house yet?	Y N	1.75
3. Are you able to walk a block or 2 on level ground yet?	Y N	2.75
4. Are you able to climb a flight of stairs or walk up a hill without stopping yet?	Y N	5.50
5. Are you able to run a short distance yet?	Y N	8.00
6. Are you able to do light work around the house like dusting or washing dishes yet?	Y N	2.70
7. Are you able to do moderate work around the house like vacuuming, sweeping floors, or carrying in the groceries yet?	Y N	3.50
8. Are you able to do heavy work around the house like scrubbing floors, or lifting or moving heavy furniture yet?	Y N	8.00
9. Are you able to do yard work like raking leaves, weeding or pushing a power mower yet?	Y N	4.50
10. Are you having sexual relations?	Y N	5.25
11. Are you able to participate in moderate recreational activities like golf, bowling, dancing, doubles tennis, or throwing a baseball or football yet?	Y N	6.00
12. Are you able to participate in strenuous sports like swimming, singles tennis, football, basketball or skiing yet?	Y N	7.50
Total the weight for each YES answer given, this will give you the DASI Score (we can do this for you)		

Scoring the Duke Activity Status Index:

Functional Capacity in METS = (DASI score) x 0.43 + 9.6 then divide by 3.5