

Name: _____ Date: _____

Duke Activity Status Index (DASI)

Peter MacCallum Cancer Centre
Cardiac/Pulmonary Rehabilitation

Instructions: "I have some questions to ask you regarding your current level of physical activity. Your answers to these questions will help us determine your initial exercise levels. Please answer 'yes' or 'no' to each question."

Can you:	Circle	Weight
1. Take care of yourself, that is, eat, dress, bathe or use the toilet?	Yes/No	2.75
2. Walk indoors, such as around your house?	Yes/No	1.75
3. Walk a block or two on level ground?	Yes/No	2.75
4. Climb a flight of stairs or walk up a hill?	Yes/No	5.50
5. Run a short distance?	Yes/No	8.00
6. Do light work around the house like dusting or washing dishes?	Yes/No	2.70
7. Do moderate work around the house like vacuuming, sweeping floors or carrying groceries?	Yes/No	3.50
8. Do heavy work around the house like scrubbing floors or lifting or moving heavy furniture?	Yes/No	8.00
9. Do yard work like raking leaves, weeding or pushing a power mower?	Yes/No	4.50
10. Have sexual relations?	Yes/No	5.25
11. Participate in moderate recreational activities like golf, bowling, dancing, doubles tennis or football?	Yes/No	6.00
12. Participate in strenuous sports like swimming, singles tennis, football, basketball or skiing?	Yes/No	7.50

Duke Activity Status Index (DASI) = _____ (Sum of "yes" replies)

VO₂ Peak = _____ mL*kg⁻¹*min⁻¹ MET Level = _____

Duke Activity Status Index (DASI) = the sum of weights for "yes" replies.

VO₂ peak (mL*kg⁻¹*min⁻¹) = 0.43 X DASI + 9.6.

1 MET = 3.5 mL*kg⁻¹*min⁻¹ VO₂

*Source: American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 6th Edition, 2000, pp. 175-176

**Primary Source: Hlatky MA, Boineau RE, Higginbotham MB, et al. A brief self-administered questionnaire to determine functional capacity (the Duke Activity Status Index). American Journal of Cardiology 1989; 64: 651-654