

The DASI Score Sheet (to be used by staff)

DUKE ACTIVITY STATUS INDEX

Score sheet

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

(To be completed by staff) Duke Activity Status Index (DASI) =

The higher the score is, the more physically active a person is according to this set of activities of daily living. The DASI score should be completed every three months and the score entered into the back of the exercise diary to monitor progress.