

**Montefiore Rehabilitation Medicine Associates
Cardiac Rehabilitation Center**

DUKE ACTIVITY STATUS INDEX

Name: _____ Date: _____

Can You: (please circle yes or no)

- | | | |
|---|------|--------|
| 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 yard work like raking leaves, weeding or pushing a power 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 baseball or football? | 6.00 | Yes/No |
| 12. Participate in strenuous sports like swimming, singles tennis Football, basketball or skiing? | 7.50 | Yes/No |

Duke Activity Status Index (DASI) = sum of "Yes" replies _____

$$VO_{2peak} = (0.43 \times DASI) + 9.6$$

$$VO_{2peak} = \text{_____ ml/kg/min} \div 3.5 \text{ ml/kg/min} = \text{_____ METS}$$