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   ____________

\[ \text{VO}_{2\text{peak}} = (0.43 \times \text{DASI}) + 9.6 \]

\[ \text{VO}_{2\text{peak}} = \text{___________ ml/kg/min} \div 3.5 \text{ ml/kg/min} = \text{___________ METS} \]