

DUKE ACTIVITY STATUS INDEX scoring rubric

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 _____

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

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