

Veteran's Specific Activity Questionnaire (VSAQ)

The following is a list of activities which increase in difficulty as you read down the page. Think carefully, then underline the first activity that, if you performed it for a period, would typically cause fatigue, shortness of breath, chest discomfort, or otherwise cause you to want to stop. If you do not normally perform a particular activity, try to imagine what it would be like if you did.

Subject ID # _____

Date Completed: ____/____/____

- 1 MET: Bathing, getting dressed, working at a desk
- 2 METs: Taking a shower, walking down 8 steps
- 3 METs: Walking slowly on a flat surface for 1-2 blocks, moderate housework (vacuum, sweeping floors, carrying groceries)
- 4 METs: Light yard work (raking leaves, weeding, pushing power mower), painting, light carpentry
- 5 METs: Walking briskly (4 miles in an hour), social dancing, washing a car
- 6 METs: Playing 9 holes of golf carrying your own clubs, heavy carpentry, mow lawn with push mower
- 7 METs: Heavy outdoor work (digging, spading soil), playing singles tennis, carry 60 pounds
- 8 METs: Move heavy furniture, jog slowly, climb stairs quickly, carry 20 pounds upstairs
- 9 METs: Bicycling at a moderate pace, sawing wood, jumping rope (slowly)
- 10 METs: Brisk swimming, bicycle up a hill, walking briskly uphill, jog 6 miles per hour
- 11 METs: Cross country ski, play full court basketball
- 12 METs: Running briskly, continuously (level grounds, 8 minutes per mile)
- 13 METs: Any competitive activity with intermittent sprinting, running competitively, rowing, backpacking