**Dartmouth COOP Functional Assessment Charts**

**Physical Fitness**

During the past 2 weeks, what was the hardest physical activity you could do for at least 2 minutes?

<table>
<thead>
<tr>
<th>Very heavy – for example:</th>
<th>![Image of a person running] ![Image of a person carrying a heavy load]</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Run, fast pace</td>
<td>![Image of a person running uphill]</td>
</tr>
<tr>
<td>• Carry a heavy load upstairs or uphill (25 pounds or 10 kilograms)</td>
<td>![Image of a person carrying a heavy load uphill]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Heavy – for example:</th>
<th>![Image of a person jogging] ![Image of a person climbing stairs]</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Jog, slow pace</td>
<td>![Image of a person jogging uphill]</td>
</tr>
<tr>
<td>• Climb stairs or a hill at moderate pace</td>
<td>![Image of a person climbing a hill]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Moderate – for example:</th>
<th>![Image of a person walking] ![Image of a person carrying a heavy load]</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Walk, medium pace</td>
<td>![Image of a person walking uphill]</td>
</tr>
<tr>
<td>• Carry a heavy load on level ground (25 pounds or 10 kilograms)</td>
<td>![Image of a person carrying a heavy load on level ground]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Light – for example:</th>
<th>![Image of a person walking] ![Image of a person carrying a light load]</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Walk, medium pace</td>
<td>![Image of a person walking]</td>
</tr>
<tr>
<td>• Carry light load on level ground</td>
<td>![Image of a person carrying a light load]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Very light – for example:</th>
<th>![Image of a person walking] ![Image of a person washing dishes]</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Walk, slow pace</td>
<td>![Image of a person walking]</td>
</tr>
<tr>
<td>• Wash dishes</td>
<td>![Image of a person washing dishes]</td>
</tr>
</tbody>
</table>
Dartmouth COOP Functional Assessment Charts

**Feelings**

During the past 2 weeks,
How much have you been bothered by emotional problems such as feeling anxious, depressed, irritable or downhearted and blue?

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slightly</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderately</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quite a bit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extremely</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Dartmouth COOP Functional Assessment Charts

Daily Activities

During the past 2 weeks,
How much difficulty have you had doing your usual activities or tasks,
both inside and outside the house because of your physical and emotional health?

<table>
<thead>
<tr>
<th>Difficulty Level</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>No difficulty at all</td>
<td>1</td>
</tr>
<tr>
<td>A little bit of difficulty</td>
<td>2</td>
</tr>
<tr>
<td>Some difficulty</td>
<td>3</td>
</tr>
<tr>
<td>Much difficulty</td>
<td>4</td>
</tr>
<tr>
<td>Could not do</td>
<td>5</td>
</tr>
</tbody>
</table>
Dartmouth COOP Functional Assessment Charts

Social Activities

During the past 2 weeks,
Has your physical and emotional health limited
your social activities with family, friends, neighbors or groups?

<table>
<thead>
<tr>
<th>Not at all</th>
<th><img src="image" alt="Not at all" /></th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slightly</td>
<td><img src="image" alt="Slightly" /></td>
<td>2</td>
</tr>
<tr>
<td>Moderately</td>
<td><img src="image" alt="Moderately" /></td>
<td>3</td>
</tr>
<tr>
<td>Quite a bit</td>
<td><img src="image" alt="Quite a bit" /></td>
<td>4</td>
</tr>
<tr>
<td>Extremely</td>
<td><img src="image" alt="Extremely" /></td>
<td>5</td>
</tr>
</tbody>
</table>
Dartmouth COOP Functional Assessment Charts

Pain

During the past 2 weeks,
How much bodily pain have you generally had?

<table>
<thead>
<tr>
<th>No pain</th>
<th>521475 Rev 08/19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very mild pain</td>
<td>Enter results directly into Epic</td>
</tr>
<tr>
<td>Mild pain</td>
<td>Copyright © Trustees of Dartmouth College, COOP Project, 2009</td>
</tr>
<tr>
<td>Moderate pain</td>
<td></td>
</tr>
<tr>
<td>Severe pain</td>
<td>5</td>
</tr>
</tbody>
</table>

1 No pain
2 Very mild pain
3 Mild pain
4 Moderate pain
5 Severe pain
Dartmouth COOP Functional Assessment Charts

Change In Health

How would you rate your overall health now compared to 2 weeks ago?

<table>
<thead>
<tr>
<th>Rating</th>
<th>Symbols</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Much better</td>
<td>🌟🌟🌟🌟🌟</td>
<td>1</td>
</tr>
<tr>
<td>A little better</td>
<td>⬆️ 🌟</td>
<td>2</td>
</tr>
<tr>
<td>About the same</td>
<td>↔️ ↔️</td>
<td>3</td>
</tr>
<tr>
<td>A little worse</td>
<td>⬇️ 🌟</td>
<td>4</td>
</tr>
<tr>
<td>Much worse</td>
<td>⬇️⬇️</td>
<td>5</td>
</tr>
</tbody>
</table>
During the past 2 weeks, how would you rate your health in general?

<table>
<thead>
<tr>
<th>Health Rating</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>1</td>
</tr>
<tr>
<td>Very good</td>
<td>2</td>
</tr>
<tr>
<td>Good</td>
<td>3</td>
</tr>
<tr>
<td>Fair</td>
<td>4</td>
</tr>
<tr>
<td>Poor</td>
<td>5</td>
</tr>
</tbody>
</table>
Dartmouth COOP Functional Assessment Charts

Social Support

During the past 2 weeks, was someone available to help you if you needed and wanted help? For example, if you:

- felt nervous, lonely, or blue
- got sick and had to stay in bed
- needed someone to talk to
- needed help with daily chores
- needed help just taking care of yourself

<table>
<thead>
<tr>
<th>Social Support Provided</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes, as much as I wanted</td>
<td>1</td>
</tr>
<tr>
<td>Yes, quite a bit</td>
<td>2</td>
</tr>
<tr>
<td>Yes, some</td>
<td>3</td>
</tr>
<tr>
<td>Yes, a little</td>
<td>4</td>
</tr>
<tr>
<td>No, not at all</td>
<td>5</td>
</tr>
</tbody>
</table>
Dartmouth COOP Functional Assessment Charts

Quality of Life

How have things been going for you during the past 2 weeks?

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Very well: could hardly be better</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Pretty good</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Good and bad parts about equal</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Pretty bad</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Very bad: could hardly be worse</td>
<td></td>
</tr>
</tbody>
</table>