
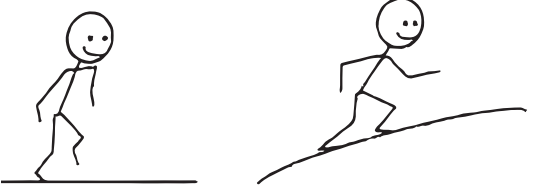


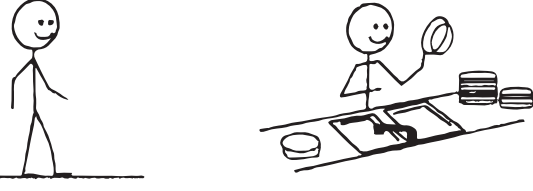


Dartmouth COOP Functional Assessment Charts

# Physical Fitness

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

<p><b>Very heavy</b> – for example:</p> <ul style="list-style-type: none"> <li>• Run, fast pace</li> <li>• Carry a heavy load upstairs or uphill (25 pounds or 10 kilograms)</li> </ul>		1
<p><b>Heavy</b> – for example:</p> <ul style="list-style-type: none"> <li>• Jog, slow pace</li> <li>• Climb stairs or a hill at moderate pace</li> </ul>		2
<p><b>Moderate</b> – for example:</p> <ul style="list-style-type: none"> <li>• Walk, medium pace</li> <li>• Carry a heavy load on level ground (25 pounds or 10 kilograms)</li> </ul>		3
<p><b>Light</b> – for example:</p> <ul style="list-style-type: none"> <li>• Walk, medium pace</li> <li>• Carry light load on level ground</li> </ul>		4
<p><b>Very light</b> – for example:</p> <ul style="list-style-type: none"> <li>• Walk, slow pace</li> <li>• Wash dishes</li> </ul>		5

## 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?

Not at all		1
Slightly		2
Moderately		3
Quite a bit		4
Extremely		5






### COOP FUNCTIONAL ASSESSMENT CHARTS

Not to be scanned into EHR. *Enter results directly into Epic*  
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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?



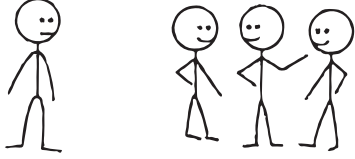
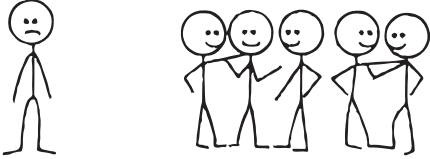

No difficulty at all		1
A little bit of difficulty		2
Some difficulty		3
Much difficulty		4
Could not do		5

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?

Not at all		1
Slightly		2
Moderately		3
Quite a bit		4
Extremely		5

Dartmouth COOP Functional Assessment Charts

# Pain






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

No pain		1
Very mild pain		2
Mild pain		3
Moderate pain		4
Severe pain		5

Dartmouth COOP Functional Assessment Charts

# Change In Health


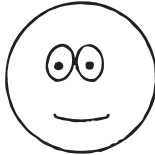
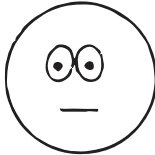


How would you rate your overall health now compared to 2 weeks ago?

Much better		1
A little better		2
About the same		3
A little worse		4
Much worse		5

Dartmouth COOP Functional Assessment Charts

# Overall Health

During the past 2 weeks,  
how would you rate your health in general?

Excellent		1
Very good		2
Good		3
Fair		4
Poor		5

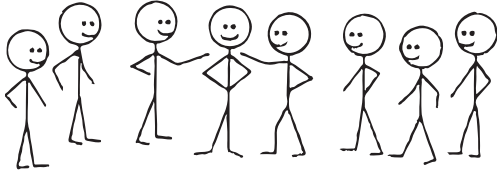
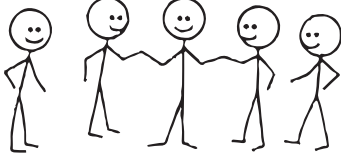



Dartmouth COOP Functional Assessment Charts

# 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
- needed someone to talk to
- needed help just taking care of yourself
- got sick and had to stay in bed
- needed help with daily chores

Yes, as much as I wanted		1
Yes, quite a bit		2
Yes, some		3
Yes, a little		4
No, not at all		5



Dartmouth COOP Functional Assessment Charts

# Quality of Life

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

	Very well: could hardly be better	1
	Pretty good	2
	Good and bad parts about equal	3
	Pretty bad	4
	Very bad: could hardly be worse	5

