

## Physical activity

This questionnaire is designed to measure your ability to carry out daily activities. Your answers give us important information on your current physical activity level that can guide your prehabilitation appropriately. For each question, please answer "Yes" if you can perform the activity, otherwise answer "No".

### Can you:

1. Take care of yourself, that is, eat, dress bathe or use the toilet?  
Yes 2.75  No 0
2. Walk indoors, such as around your house?  
Yes 1.75  No 0
3. Walk a block or two on level ground?  
Yes 2.75  No 0
4. Climb a flight of stairs or walk up a hill?  
Yes 5.50  No 0
5. Run a short distance?  
Yes 8.00  No 0
6. Do light work around the house like dusting or washing dishes?  
Yes 2.70  No 0
7. Do moderate work around the house like vacuuming, sweeping floors or carrying groceries?  
Yes 3.50  No 0
8. Do heavy work around the house like scrubbing floors, or lifting or moving heavy furniture?  
Yes 8.00  No 0
9. Do yard work like raking leaves, weeding or pushing a power mower?  
Yes 4.50  No 0
10. Have sexual relations?  
Yes 5.25  No 0

11. Participate in moderate recreational activities like golf, bowling, dancing, double tennis, throwing a baseball or football?

Yes 6.00  No 0

12. Participate in strenuous sports like swimming, singles tennis, football, basketball or skiing?

Yes 7.50  No 0

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**Additive score** (for healthcare professional use)

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**Thank you for completing the physical activity questionnaire. Your next steps:**

Please share this form with your healthcare professional. They will use your answers to work out a score and use it to guide the next steps.

Visit the national prehabilitation website at <https://www.prehab.nhs.scot/> or scan the QR code below to access.



Attend a universal prehabilitation workshop at your local Maggie's Centre <https://www.maggies.org/cancer-information/cancer-treatment/prehabilitation-getting-ready-treatment/> or equivalent local organisation.

Your medical team may ask you to repeat this questionnaire in the future to see if there has been a change in your physical activity. If you notice a change in your physical activity or general health after completing the questionnaire please contact your medical team for advice.