

# FRENCHAY ACTIVITIES LIST

Patient's name:

Hospital number:

<b>Activity</b> <i>in the last 3 months</i>	<b>Dates</b>				<b>SCORES</b>
Preparing main meals					<i>0 = Not at all</i> <i>1 = Under once a week</i> <i>2 = 1-2 times weekly</i> <i>3 = Most days</i>
Washing up					
Washing clothes					<i>0 - Not at all</i> <i>1 = 1-2 times in 3 months</i> <i>2 = 3-12 times in 3 months</i> <i>3 = At least weekly</i>
Light housework					
Heavy housework					
Local shopping					
Social occasions					
Walking outside >15mins					
Actively pursuing hobby					
Driving car/ going on a bus					
<b><i>In the last 6 months</i></b>					<i>0 = Never</i> <i>1 = 1-2 times in 6 months</i> <i>2 = 3-12 times in 3 months</i> <i>3 = At least twice weekly</i>
Travel outings / car rides.					
Gardening					<i>0 = Never</i> <i>1 = Light</i> <i>2 = Moderate</i> <i>3 = All necessary</i>
Household/car maintenance					
Reading books					<i>0 = None</i> <i>1 = 1 in 6 months</i> <i>2 = less than 1 in 2 weeks</i> <i>3 = more than 1 in 2 weeks</i>
Gainful work					
<b>TOTAL</b>					