

If you answered “occasionally” or “often” to any of the above questions, how often do you experience this?

daily probably every month
probably every week once or twice a year

Write in: What type of activities cause you to feel winded or short of breath?

If you answered “occasionally” or “often” to any of the above questions, to what degree does it disrupt what you’re doing when it occurs?

I barely notice it I need to stop to address it
I pause momentarily

Write in: What type of activities cause you to become physically tired?
