| our Name: | | days Date: | ment Tes |
|--|---|---|----------|
| | | | |
| | | | |
| or each item below, place a mark | (X) in the box that best describes you co | urrently. Be sure to only select one | e respoi |
| r each question. | V | | |
| xample: I am very happy | 0 (2 (3 (4 (5)) | I am very sad | |
| | | | SCC |
| I never cough | 0 1 2 3 4 5 | I cough all the time | |
| | | | |
| I have no phlegm (mucus) in my chest at all | 0 1 2 3 4 5 | My chest is completely full of phlegm (mucus) | |
| | | | |
| My chest does not feel tight at all | 0 1 2 3 4 5 | My chest feels very tight | |
| When I walk up a hill or | | When I walk up a hill or | |
| one flight of stairs I am not breathless | 0 1 2 3 4 5 | one flight of stairs I am very breathless | |
| | | | |
| I am not limited doing any activities at home | 0 1 2 3 4 5 | I am very limited doing activities at home | |
| I am confident leaving | | I am not at all confident | |
| my home despite my lung condition | 0 1 2 3 4 5 | leaving my home because of my lung condition | |
| | | I don't sleep soundly | |
| I sleep soundly | 0 1 2 3 4 5 | because of my lung condition | |

COPPO Action in a Constrolled இரையாகளிக்கி செல்லோக்கை இரையாகிய மாகிய ம

I have no energy at all

I have lots of energy