

ACTIVITIES OF DAILY LIVING

Please circle all that are affected by your pain

baking	lifting
bathing	light
bending	sound
care of others	lying down
caring for children	making decisions
carrying objects	moving joints
climbing stairs	personal hygiene/grooming
concentrating	pushing or pulling with hands
cooking	pushing or pulling with feet
cleaning	reaching out/up/down
coughing	reading
crouching	running
doctor's visits	seeing
doing hobbies	sewing
doing things on time	sexual activity
dressng	shopping
driving	sitting
eating	sleeping
exercise/sports	speaking
financial management	squatting
gardening	standing
general mobility	stooping
getting places	turning
hearing	twisting
holding onto objects	using the phone
housework	walking
jogging	watching tv
keeping balance	working
knitting	yard work
leaning	OTHER (Please list)