

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: : U A r o k N J V € J A J r V x V r V No J
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?
