

Do heart failure symptoms affect your quality of life?

In order to assess how your heart failure is affecting your quality of life, your health care provider would like you to complete this questionnaire to discuss during your appointment.

	Can you do this without stopping and feeling tired or short of breath?		If no, does this negatively affect your quality of life?		Not Applicable
	Yes	No	Yes	No	N/A
Shower					
Dress yourself					
Do the laundry by yourself					
Prep and cook meals					
Vacuum and clean the house for 15 minutes					
Garden for 15 minutes					
Walk to the mailbox					
Walk a mile or about 15 city blocks					
Climb one flight of stairs					
Shop and carry a shopping bag					
Shop for groceries and push the cart					
Travel through the airport and pull your own bag					
Dance for 15 minutes					
Play 9 holes of golf					

This questionnaire is solely intended to serve as a discussion guide between a patient and healthcare provider in order to discuss symptoms. It is not clinically-validated nor meant to specifically diagnose any condition.