## Appendix- the WIQ score

1.Distance subscale of the WIQ.

Please place a $\sqrt{ }$ in the box that best describes how hard it was for you to walk on level ground without stopping to rest for each of the following distances during the last week:

During the last

| week, how | No | Slight | Some | Much | Unable | Did not do |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| difficult was it | difficulty | difficulty | difficulty | difficulty | to do | for other | Weight |
| for you to: |  |  |  |  |  | reasons |  |

$\qquad$

|  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | 50 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| feet? |  |  |  |  |  |  |  |
|  | 4 | 3 | 2 | 1 | 0 |  |  |
| b. Walk 150 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| feet? (1/2 |  |  |  |  |  |  | 150 |
| block)? | 4 | 3 | 2 | 1 | 0 |  |  |
| c. Walk 300 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| feet? (1 block)? | 4 | 3 | 2 | 1 | 0 |  |  |
| d. Walk 600 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| feet? (2 |  |  |  |  |  |  | 600 |
| blocks)? | 4 | 3 | 2 | 1 | 0 |  |  |


| e. Walk 900 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| feet? (3 |  |  |  |  |  |  |
| blocks)? | 4 | 3 | 2 | 1 | 0 |  |
| f. Walk 1500 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| feet? (5 |  |  |  |  |  |  |
| blocks)? | 4 | 3 | 2 | 1 | 0 | 1500 |

2. Speed subscale of the WIQ.

Please place a $\sqrt{ }$ in the box that best describes how hard it was for you to walk on level ground at each of these speeds without stopping to rest during the last week. Please note 1 block is roughly equivalent to 300 feet.

During the last

| week, how | No | Slight | Some | Much | Unable | Didn't do |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| difficult was | difficulty | difficulty | difficulty | difficulty | to do | for other weight |
| it/or you to: |  |  |  |  |  | reasons |


| a. Walk 1 block | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| slowly? | 4 | 3 | 2 | 1 | 0 |  | 1.5 |
| b. Walk 1 block | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| at average |  |  |  |  |  |  | 2 |
| speed? | 4 | 3 | 2 | 1 | 0 |  |  |
| c. Walk 1 block | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| quickly? | 4 | 3 | 2 | 1 | 0 |  | 3 |
| d. Run or jog 1 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |

## 3. Stair subscale of the WIQ

Please place a $\sqrt{ }$ in the box that best describes how hard it was for you to climb stairs without stopping to rest during the last week. Please note 1 flight of stairs is roughly equal to 14 steps.

During the last

|  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  | Did not do |  |
| week, how | No |  | Some |  | Unable | for other | Weight |
| difficult was it | difficulty | difficulty | difficulty | difficulty | to do |  |  |
|  |  |  |  |  |  | reasons |  |
| for you to: |  |  |  |  |  |  |  |


| a. Climb 1 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| flight of stairs? | 4 | 3 | 2 | 1 | 0 |  |  |
| b. Climb 2 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| flights of |  |  |  |  |  |  |  |
| stairs? | 4 | 3 | 2 | 1 | 0 |  |  |
| c. Climb 3 | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |  |
| flight of stairs? | 4 | 3 | 2 | 1 | 0 |  |  |

$\longrightarrow$

