

Appendix- the WIQ score

1.Distance subscale of the WIQ.

Please place a \surd 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 difficult was it for you to:	No difficulty	Slight difficulty	Some difficulty	Much difficulty	Unable to do	Did not do for other reasons	Weight
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a. Walk 50 feet?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50
	4	3	2	1	0		
b. Walk 150 feet? (1/2 block)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	150
	4	3	2	1	0		
c. Walk 300 feet? (1 block)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	300
	4	3	2	1	0		
d. Walk 600 feet? (2 blocks)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	600
	4	3	2	1	0		

e. Walk 900	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
feet? (3							900
blocks)?	4	3	2	1	0		
f. Walk 1500	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
feet? (5							1500
blocks)?	4	3	2	1	0		

3. Stair subscale of the WIQ

Please place a √ 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 week, how difficult was it for you to:	No difficulty	Slight difficulty	Some difficulty	Much difficulty	Unable to do	Did not do for other reasons	Weight
a. Climb 1 flight of stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1
	4	3	2	1	0		
b. Climb 2 flights of stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2
	4	3	2	1	0		
c. Climb 3 flight of stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3
	4	3	2	1	0		

