## Appendix- the WIQ score

Distance subscale of the WIQ.							
Please place a √ stopping to rest f						level ground	without
During the last week, how difficult was it for you to:	No difficulty	Slight	Some difficulty	Much difficulty	Unable to do	Did not do for other reasons	Weight
a. Walk 50							50
feet?	4	3	2	1	0		30
b. Walk 150							
feet? (1/2 block)?	4	3	2	1	0		150
c. Walk 300							
feet? (1 block)?	4	3	2	1	0		300
d. Walk 600							
feet? (2							600
blocks)?	4	3	2	1	0		

e. Walk 900						
feet? (3						900
blocks)?	4	3	2	1	0	
f. Walk 1500						
feet? (5						1500
blocks)?	4	3	2	1	0	

## 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 difficult was it/or you to:	No difficulty	Slight	Some difficulty	Much difficulty	Unable to do	Didn't do for other reasons	weight
a. Walk 1 block slowly?	4	3	2	1	0		1.5
b. Walk 1 block at average						П	2
speed? c. Walk 1 block	4	3	2	1	0		
quickly?	4	3	2	1	0		3
d. Run or jog 1 block?							

3	Stair	subscal	le of	fthe	WI	O

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 week, how difficult was it for you to:	No difficulty	Slight	Some difficulty	Much difficulty	Unable to do	Did not do for other reasons	Weight
a. Climb 1 flight of stairs?	4	3	2	1	0		1
b. Climb 2 flights of stairs?	4	3	2	1	0		2
c. Climb 3 flight of stairs?	4	3	2	1	0		3