Strength Impact – Short Form 4a

Please respond to each question or statement by marking one box per row.

	In the past 7 days…	**No days**	**1 day**	**2-3 days**	**4-5 days**	**6-7 days**
PAC_S_015R1	How many days were you strong enough to carry heavy things with your hands?	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_S_016R1	How many days were you strong enough to go up and down stairs?	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_S_018R1	How many days were you strong enough to open a heavy door?	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PAC_S_022R1	How many days were you strong enough to jump up and down?.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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