Protocol ID:

Study Name: _____

Site: _____

Study Subject ID:_____

Interviewer Name:_____

Interview Date:_____

Event Name:	<u> </u>	
Event Date:	_	
	BLSA Activit	ty Related Fatigue Scale - V1.1
Section Title: Fatigue Se	cale	
Instructions:		
Visit Date	Tester ID	☐ Blank
Please make sure you com Leisurely walk for 30 m	pleted every question, even if you said "NO" to c	doing an activity
Physical Fatigue	0 No fatigue 1 2 3 4 5 Extreme fatigue	e Click to deselect entry
Mental fatigue	○ 0 No fatigue ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Extreme fatigue	e Click to deselect entry
Done this activity in the past month?	○ Yes ○ No Click to deselect entry	
Brisk or fast walk for 1 Physical Fatigue	hour O No fatigue O 1 O 2 O 3 O 4 O 5 Extreme fatigue	e Click to deselect entry
Mental Fatigue	○ 0 No fatigue ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Extreme fatigue	e Click to deselect entry
Done this activity in the past month?	○ Yes ○ No Click to deselect entry	
Light household activit Physical Fatigue	y for 1 hour (e.g., cleaning, cooking, dusting ○ 0 No fatigue ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Extreme fatigue	g, straightening up, baking, dish washing, making beds, watering plants) e Click to deselect entry
Mental Fatigue	O No fatigue O 1 O 2 O 3 O 4 O 5 Extreme fatigue	e Click to deselect entry
Done this activity in the past month?	○ Yes ○ No Click to deselect entry	
Heavy gardening or yar Physical Fatigue	d work for 1 hour (e.g., mowing (push), ral	king, weeding, planting, shoveling snow) e Click to deselect entry
Mental Fatigue	O No fatigue O 1 O 2 O 3 O 4 O 5 Extreme fatigue	e Click to deselect entry
Done this activity in the past month?	○ Yes ○ No Click to deselect entry	

1 of 2 10/12/2021, 10:53 AM

Physical Fatigue	S ○ 0 No fatigue ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Extreme fatigue	Click to deselect entry
Mental Fatigue	O No fatigue O 1 O 2 O 3 O 4 O 5 Extreme fatigue	Click to deselect entry
Done this activity in the past month?	○ Yes ○ No Click to deselect entry	
Sit quietly for 1 hour Physical Fatigue	O No fatigue O 1 O 2 O 3 O 4 O 5 Extreme fatigue	Click to deselect entry
Mental Fatigue	O No fatigue O 1 O 2 O 3 O 4 O 5 Extreme fatigue	Click to deselect entry
Done this activity in the past month?	○ Yes ○ No Click to deselect entry	
Moderate to heavy inter Physical Fatigue	nsity strength training for 30 minutes (e.g., ha ○ 0 No fatigue ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Extreme fatigue	and-held weights or machines greater than 5 lbs, push-ups) Click to deselect entry
Mental Fatigue	O No fatigue O 1 O 2 O 3 O 4 O 5 Extreme fatigue	Click to deselect entry
Done this activity in the past month?	○ Yes ○ No Click to deselect entry	
Participating in social ac Physical Fatigue	ctivity for 1 hour (e.g., party, dinner, senior co	enter, gathering with family/friends, playing cards, bridge) Click to deselect entry
Mental Fatigue		
Mental Faugue	0 No fatigue 0 1 0 2 0 3 0 4 0 5 Extreme fatigue	Click to deselect entry
Done this activity in the past month?	○ 0 No fatigue ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 Extreme fatigue ○ Yes ○ No Click to deselect entry	Click to deselect entry
Done this activity in the past month?		Click to deselect entry Click to deselect entry
Done this activity in the past month? Hosting a social event for	○ Yes ○ No Click to deselect entry or 1 hour (not including preparation time)	
Done this activity in the past month? Hosting a social event for Physical Fatigue	Yes No Click to deselect entry or 1 hour (not including preparation time) 0 No fatigue 0 1 0 2 0 3 0 4 0 5 Extreme fatigue	Click to deselect entry
Done this activity in the past month? Hosting a social event for Physical Fatigue Mental Fatigue Done this activity in the past month?	Yes No Click to deselect entry Or 1 hour (not including preparation time) O No fatigue 1 2 3 4 5 Extreme fatigue O No fatigue 1 2 3 4 5 Extreme fatigue Yes No Click to deselect entry	Click to deselect entry
Done this activity in the past month? Hosting a social event for Physical Fatigue Mental Fatigue Done this activity in the past month? High intensity activity for	Yes No Click to deselect entry or 1 hour (not including preparation time) 0 No fatigue 1 2 3 4 5 Extreme fatigue 0 No fatigue 1 2 3 4 5 Extreme fatigue Yes No Click to deselect entry or 30 minutes (e.g., jogging, hiking, biking, sw	Click to deselect entry Click to deselect entry wimming laps, racquet sports, aerobic machines or dancing, Zumba)

2 of 2 10/12/2021, 10:53 AM