



Tell us how is your breathing in daily living....

Your name _____

Today's Date _____

Modified Medical Research Council Breathlessness Scale

0 Breathless only with strenuous exercise.

1 Short of breath when hurrying on the level or up a slight hill.

2 Slower than most people of the same age on a level surface or have to stop when walking at my own pace on the level.

3 Stop for breath walking 100 meters or after a walking few minutes at my own pace on the level.

4 Too breathless to leave the house.