

MRC SCORE

<b>Please tick in the box that applies to you (one box only)</b>		
mMRC Grade 0	I only get breathless with strenuous exercise.	<input type="checkbox"/>
mMRC Grade 1	I get short of breath when hurrying on the level or walking up a slight hill.	<input type="checkbox"/>
mMRC Grade 2	I walk slower than people of the same age on the level because of breathlessness, or I have to stop for breath when walking on my own pace on the level.	<input type="checkbox"/>
mMRC Grade 3	I stop for breath after walking about 100 meters or after a few minutes on the level.	<input type="checkbox"/>
mMRC Grade 4	I am too breathless to leave the house or I am breathless when dressing or undressing.	<input type="checkbox"/>

CAT SCORE

**Example:** I am very happy (0) ~~(1)~~ (2) (3) (4) (5) I am very sad

				SCORE
I never cough	(0) (1) (2) (3) (4) (5)	I cough all the time		
I have no phlegm (mucus) in my chest at all	(0) (1) (2) (3) (4) (5)	My chest is completely full of phlegm (mucus)		
My chest does not feel tight at all	(0) (1) (2) (3) (4) (5)	My chest feels very tight		
When I walk up a hill or one flight of stairs I am not breathless	(0) (1) (2) (3) (4) (5)	When I walk up a hill or one flight of stairs I am very breathless		
I am not limited doing any activities at home	(0) (1) (2) (3) (4) (5)	I am very limited doing activities at home		
I am confident leaving my home despite my lung condition	(0) (1) (2) (3) (4) (5)	I am not at all confident leaving my home because of my lung condition		
I sleep soundly	(0) (1) (2) (3) (4) (5)	I don't sleep soundly because of my lung condition		
I have lots of energy	(0) (1) (2) (3) (4) (5)	I have no energy at all		