


Modified MRC Dyspnea Scale		
Please tick in the box that applies to you. One box only. Grades 0-4.		
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"/>

 MODIFIED MRC DYSPNEA SCALE^a		
PLEASE TICK IN THE BOX THAT APPLIES TO YOU ONE BOX ONLY Grades 0 - 4		
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"/>
^a Fletcher CM. BMJ 1960; 2: 1662. TABLE 2.5		