



PICTORIAL  
FIT-FRAIL  
SCALE

NAME: \_\_\_\_\_

\_\_\_\_\_

DATE: \_\_\_\_\_

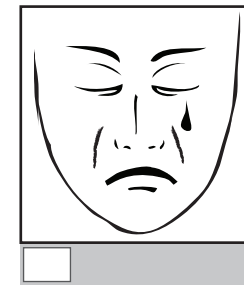
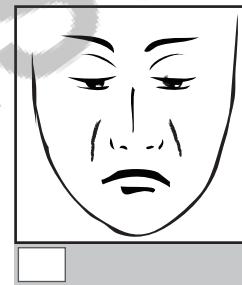
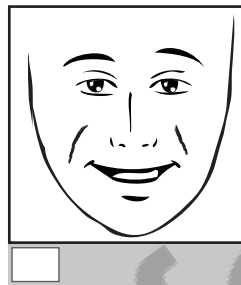
**Instructions:** This scale is intended to assess your USUAL state in different categories using pictures ordered from best to worst.

For each category, choose ONE picture that is closest to your USUAL state. Mark ☒ below that picture. There is no right or wrong answer.

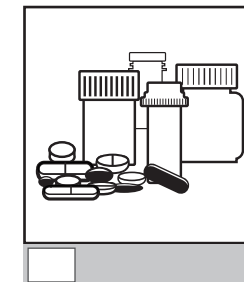
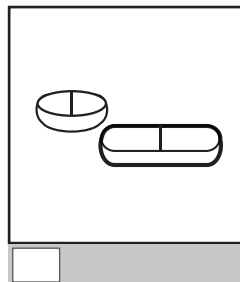
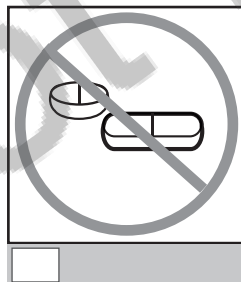
**Example:** If your USUAL vision is closest to the second picture mark ☒ as shown.



**1 MOOD**



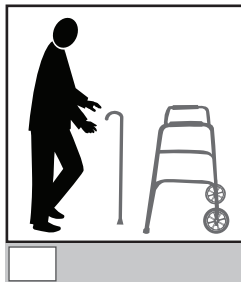
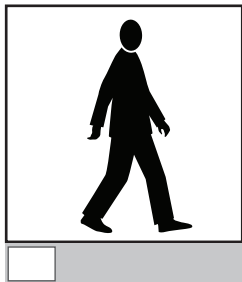
**2 NUMBER OF MEDICATIONS**



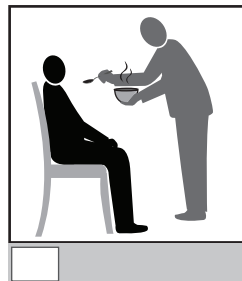
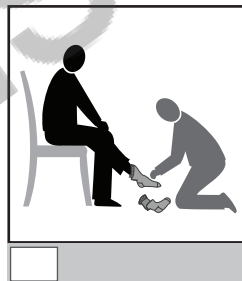
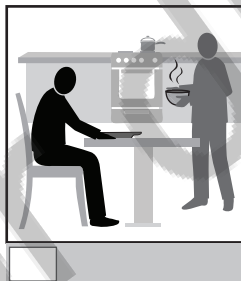
For each category, mark **ONE BOX** that is the closest to your **USUAL STATE**.



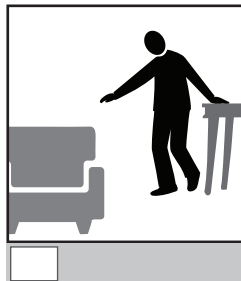
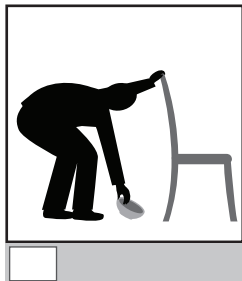
### 3 MOBILITY



### 4 FUNCTION



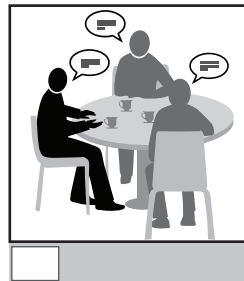
### 5 BALANCE



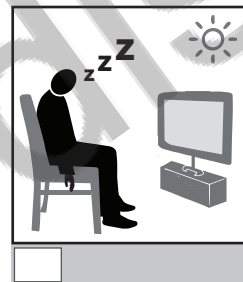
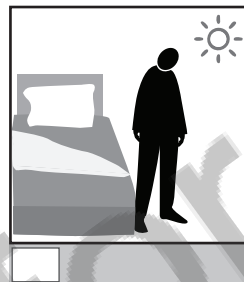
For each category, mark **ONE BOX** that is the closest to your **USUAL STATE**.



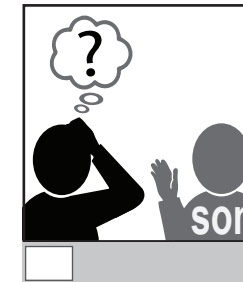
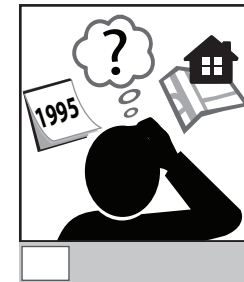
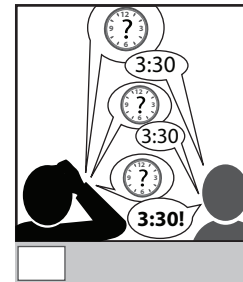
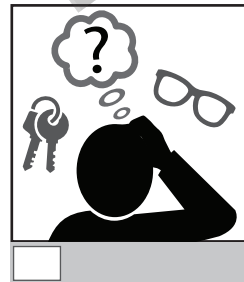
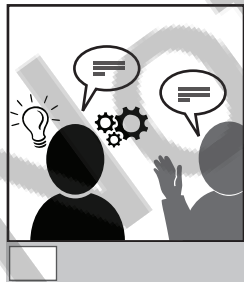
## 6 SOCIAL CONNECTIONS



## 7 DAYTIME TIREDNESS



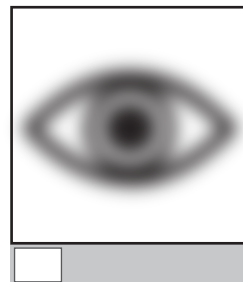
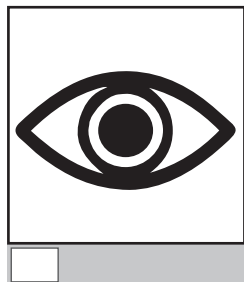
## 8 MEMORY AND THINKING



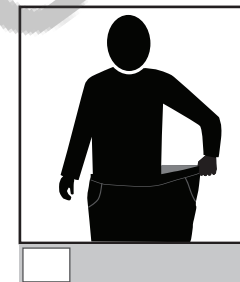
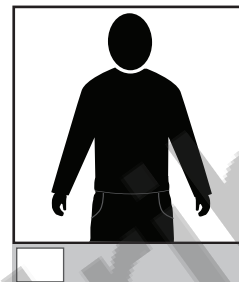
For each category, mark **ONE BOX** that is the closest to your **USUAL STATE**.



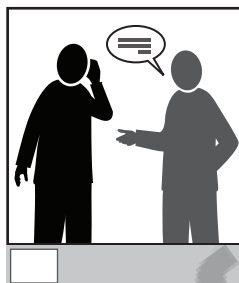
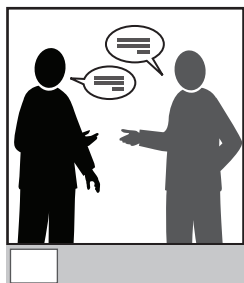
**9 VISION** (WITH GLASSES IF NEEDED)



**12 UNINTENTIONAL WEIGHT-LOSS**



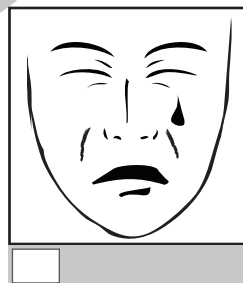
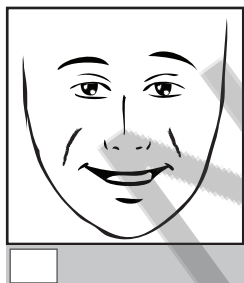
**10 HEARING** (WITH HEARING AID IF NEEDED)



**13 AGGRESSION**



**11 PAIN**



**14 BLADDER CONTROL**

