

## CFS/Fibromyalgia Rating Scale

- 100 Fully recovered. Normal activity level with no symptoms.
- 90 Normal activity level with mild symptoms at times.
- 80 Near normal activity level with some symptoms
- 70 Able to work full time but with difficulty. Mostly mild symptoms.
- 60 Able to do about 6-7 hours of work a day. Mostly mild to moderate symptoms.
- 50 Able to do about 4-5 hours a day of work or similar activity at home. Daily rests required. Symptoms mostly moderate.
- 40 Able to leave house every day. Moderate symptoms on average. Able to do 3-4 hours a day of work or activity like housework, shopping, using computer.
- 30 Able to leave house several times a week. Moderate to severe symptoms much of the time. Able to do about 2 hours a day of work at home or activity like housework, shopping, using computer.
- 20 Able to leave house once or twice a week. Moderate to severe symptoms. Able to concentrate for 1 hour or less per day.
- 10 Mostly bedridden. Severe symptoms.
- 0 Bedridden constantly. Unable to care for self.