

SARC-F Questionnaire

Date :

Name :

Test administered by :

Component	Question	Scoring	Score
Strength	How much difficulty do you have in lifting and carrying 10 pounds?	None = 0 Some = 1 A lot or unable = 2	
Assistance in walking	How much difficulty do you have walking across a room?	None = 0 Some = 1 A lot, use aids, or unable = 2	
Rise from a chair	How much difficulty do you have transferring from a chair or bed?	None = 0 Some = 1 A lot or unable without help = 2	
Climb stairs	How much difficulty do you have climbing a flight of 10 stairs?	None = 0 Some = 1 A lot or unable = 2	
Falls	How many times have you fallen in the past year?	None = 0 Some = 1 A lot or unable = 2	
TOTAL SCORE			

A score equal to or greater than 4 is predictive of sarcopenia and poor outcomes.