

## **ME/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 up to 5 days a week. Moderate symptoms. Physically active 3-4 hours a day.
- 30** Leave house several times a week. Moderate to severe symptoms. Active 2-3 hours a day.
- 20** Leave house once or twice a week. Moderate to severe symptoms.
- 10** Leave house occasionally. Severe symptoms.
- 0** Bedridden. Unable to care for self.