

CARDIOVASCULAR RISK FACTOR QUESTIONNAIRE SCORECARD

Enter scores from the Cardiovascular Risk Factor Questionnaire following the scoring directions given there at the end of each question.

Question 1: Family History _____

Question 2: Cigarette Smoking _____

Question 3: High Blood Pressure _____

Question 4: High Blood Cholesterol _____

Question 5: Impaired Fasting Blood Glucose _____

Question 6: Obesity _____

Question 7: Sedentary Lifestyle _____

SUBTOTAL: _____

Question 8: Blood Cholesterol NEGATIVE Risk Factor _____

TOTAL _____

Note: Your **TOTAL** should be between – 1 and + 7. If not, re-calculate your score.

Now, use your score to look up your risk level in the table below.

Definition of Cardiovascular Risk Categories

Low Risk	Moderate Risk	High Risk
<p>Asymptomatic men under 45 and asymptomatic women under 55 (all no answers on the Symptoms Questionnaire), with a cardiovascular risk score (from the scorecard) no greater than 1. If you are in this group, you can do moderate or vigorous exercise without a medical examination or exercise test.</p>	<p>Asymptomatic men 45 years of age or older, and asymptomatic women 55 years of age or older (all no answers on the Symptoms Questionnaire), or anyone of any age with a cardiovascular risk score (from the Scorecard) of 2 or greater. If you are in this group, you can do <i>moderate</i> exercise without a medical examination or exercise test, but clarify your medical status with your physician before <i>vigorous</i> exercise.</p>	<p>Individuals who are symptomatic (any yes answer on the Symptoms Questionnaire) or who have a known cardiovascular, pulmonary or metabolic disease, or belong to a special population as defined in chapter 9 of <i>The Miracle Workout</i>. If you are in this group, clarify your medical status with your physician before you exercise.</p>

Adapted from the Guidelines of the American College of Sports Medicine, ACSM, *ACSM's Guidelines for Exercise Testing and Prescription*. sixth edition (New York: Lippincot Williams & Wilkins, 2000) Box 2-2, p. 26. Copyright © 2000 by the ACSM. Adapted with permission. Copyright © 2005, The Miracle Workout, LLC.