

FORM 4.1 RISK-I

Select the number that best describes your situation for each of the following and compare the total score for an overall rating.

	1	2	3	4	5	Score
Age	20s	30s	40s	50s	60s	
Family history	No known heart disease	One relative over 50	Two relatives over 50	One relative under 50	Two relatives under 50	
Smoking	Nonuser	User <5 years ago	<10/day	10-20/day	>20/day	
Body mass index	18.5-23	24-27	28-31	32-35 or <18.5	>35	
Exercise	Active >2 times/week	Active 1-2 times/week	Moderately active 1-3 times/month	Stopped activity <3 months ago	Sedentary	
Back	Healthy	Minor problems in past	Aches occasionally or after activity	Problems in past or current discomfort	Frequent problems/diagnosed condition ^a	
Knees	Healthy	Minor problems in past	Occasional pain after vigorous activity	Problems in past or current discomfort	Frequent problems/diagnosed condition ^a	
Total score						

Family history: Count parents, grandparents, brothers, and sisters who have had a heart attack or stroke.

Smoking: If you inhale deeply or smoke a cigarette right down, add 1 to your score.

Body mass index: This is a measure of body proportion and a better indicator of risk than just weight (CSEP 2003). It is the ratio of body weight (in kilograms) divided by the square of height (in meters).

Example:

Weight = 75 kg

Height = 1.72 m

BMI = $75/1.72^2$

= $75/2.96$

= 25.3 (RISK-I score = 25)

Interpretation:

Total score	Rating
7-10	Very low risk
11-15	Low risk
16-20	Average risk
21-25	High risk
26-30	Dangerous risk ^a
31-35	Extremely dangerous risk ^a

^aMedical clearance necessary.

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).