

Risk Factors

	Medical Referral	Special Attention	Fit and Healthy
Resting Heart Rate	>100	>90	<89
Systolic BP	>160	>140	<140
Diastolic BP	>100	>90	<90
% Body Fat	>40% female >30% Male	<10% or >30% Female <6% or >25% Male	10% to 30% female 6% to 25% male
BMI	30+ Kg/m2	24.9 to 29.9 Kg/m2	18.6 to 24.9 Kg/m2
Total Cholesterol Cholesterol/HDL			
Smoking	Heavy Smoker	>20/day	None Smoker
Exercise	No Exercise	<30 min exercise, 3-5 times/wk	>30min CV, 3-5 times/wk
Age		>45 male >55 female	<45 male, <55 female
VO2 Max		<25 female <30 male	>25 female, >30 male
Medical History		Any Family history of heart disease	
Operations	Heart	Any other operations	
Conditions	Heart Swollen Stroke Swollen Joints Abdominal Pain Phlebitis Cirrhosis Faintness or Dizziness	Alcoholism Anaemia Asthma Cancer Colitis Diabetes Pregnancy Epilepsy Mental Illness Thyroid Problems	Free of all conditions
Medication	Blood thinner Duiretic Insulin Nitroglycerin Digitalis Beta Blockers		None