

## Risk Assessment

Name: \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Hip Circumference \_\_\_\_\_ PFA Rating \_\_\_\_\_ PAR Rating \_\_\_\_\_

Record your data in the table below and compare it to the Normal Risk data. Write in your risk level and place a check mark if there needs to be a lifestyle modification to lower your risk.

### Risk Assessment

	<u>Your Data</u>	<u>Classification</u>	<u>Normal Risk</u>	<u>Risk Level</u>	<u>Lifestyle Modification?</u>
<b>BMI</b>			18.5-25		
<b>Waist Circumference</b>			Men <80cm / <31.5 in.; Women <70cm / <28.5in.		
<b>Waist-to-Hip Ratio</b>			Men <0.9 Ratio; Women <0.85 Ratio		
<b>Blood Pressure</b>			<120/80		
<b>Body Fat %</b>			Varies		
<b>Estimated VO<sub>2</sub> Max</b>			N/A	N/A	N/A

\*Consult with your doctor, or qualified healthcare professional, before making any major changes that could negatively effect your health.

After evaluating your health to the best of your ability, talk with your doctor, or qualified healthcare professional, about any increased risks you have and consult with them about any needed lifestyle modifications.

**Bring this form, along with your complete PAR-Q and You form, to your appointment.**

**Note:** *This is merely an assessment of your own health and cannot diagnose any medical conditions. If the above chart labels you as "at risk" in any way then you need to be assessed in person by a qualified professional. Talk with your doctor, or qualified healthcare professional, for more information on your health.*