

Your Risk Factor Profile



Modifiable Risk Factor	Desirable Level		My Level	My Level	My Level
			Date:	Date:	Date:
Physical Inactivity	Daily active living				
	Aerobic Exercise	Moderate to Vigorous intensity, 30-60 minutes 5 times/week			
	Resistance Training Exercise	Moderate intensity, 10-15 reps, 2-3 times/week			
Nutrition	Fat: less than 30% of daily calories (<7% Cal from saturated fat; < 1% Cal from trans fat)				
	Sodium: less than 2000 mg/day				
	Fibre: 25 to 50 grams/day				
Stress	Coping well with: <input type="checkbox"/> Depression <input type="checkbox"/> Sleep apnea <input type="checkbox"/> Psychosocial stress <input type="checkbox"/> Disturbed sleep <input type="checkbox"/> Chronic stress <input type="checkbox"/> Stressful life events <input type="checkbox"/> Lost sense of control				
Smoking	Avoid smoking and exposure to second hand smoke				

Your Risk Factor Profile



Modifiable Risk Factor	Desirable Level		My Level	My Level	My Level
			Date:	Date:	Date:
Blood Pressure	Less than 140/90 mmHg				
	Living With Diabetes: less than 130/80 mmHg				
Cholesterol	LDL	Less than 2.0 mmol/L or 50% or more reduction			
	Cholesterol/ HDL Ratio	Less than 4.0			
	HDL	Greater than 1.0 mmol/L			
	Triglycerides	Less than 1.7 mmol/L			
Blood Glucose	Fasting Blood Glucose	4 to 5.6 mmol/L			
		Living With Diabetes: 4 to 7 mmol/L			
	A1c	Living with Diabetes: Less than 7% for most			
Waist Size	General Guideline	Men <102 cm (40") Women < 88 cm (35")			
	European, Sub-Saharan African, Eastern Mediterranean and Middle Eastern	Men <94 cm (38") Women < 80 cm (32")			
	South Asian, Chinese, Japanese, South & Central American	Men <90 cm (36") Women < 80 cm (32")			