Assess your client’s health needs by marking all true statements.

Step 1
SYMPTOMS
Does your client experience:
☐ chest discomfort with exertion
☐ unreasonable breathlessness
☐ burning or cramping sensations in your lower legs when walking short distances
☐ dizziness, fainting, blackouts
☐ ankle swelling
☐ unpleasant awareness of a forceful, rapid, or irregular heart rate

If you did mark any of these statements under the symptoms, STOP, your client should seek medical clearance before engaging in or resuming exercise. Your client may need to use a facility with a medically qualified staff.

If you did not mark any symptoms, continue to steps 2 and 3.

Step 2
CURRENT ACTIVITY
Has your client performed planned, structured physical activity for at least 30 minutes at moderate intensity on at least 3 days per week for at least the past 3 months?
Yes ☐ No ☐
Continue to Step 3.

Step 3
MEDICAL CONDITIONS
Has your client had or does he or she currently have:
☐ a heart attack
☐ heart surgery, cardiac catheterization, or coronary angioplasty
☐ pacemaker/implantable cardiac defibrillator/rhythm disturbance
☐ heart valve disease
☐ heart failure
☐ heart transplantation
☐ congenital heart disease
☐ diabetes
☐ renal disease

Evaluating Steps 2 and 3:
• If you did not mark any of the statements in Step 3, medical clearance is not necessary.

• If you marked Step 2 “yes” and marked any of the statements in Step 3, your client may continue to exercise at light to moderate intensity without medical clearance. Medical clearance is recommended before engaging in vigorous exercise.

• If you marked Step 2 “no” and marked any of the statements in Step 3, medical clearance is recommended. Your client may need to use a facility with a medically qualified staff.
Does Not Participate in Regular Exercise\textsuperscript{1}

- No CV, metabolic, or renal disease AND no signs or symptoms suggestive of CV, metabolic, or renal disease
  - Medical clearance\textsuperscript{5} not necessary
  - Light\textsuperscript{4} to moderate-intensity exercise\textsuperscript{2} recommended
    - May gradually progress to vigorous-intensity exercise following ACSM Guidelines\textsuperscript{9}

- Known CV, metabolic, or renal disease AND asymptomatic
  - Medical clearance recommended
  - Following medical clearance, light- to moderate-intensity exercise recommended
    - May gradually progress as tolerated following ACSM Guidelines

- Any signs or symptoms suggestive of CV, metabolic, or renal disease (regardless of disease status)
  - Medical clearance recommended
  - Following medical clearance, light- to moderate-intensity exercise recommended
    - May gradually progress as tolerated following ACSM Guidelines

\textsuperscript{1} Exercise participation: Performing planned, structured physical activity for at least 30 minutes at moderate intensity on at least 3 days/week for at least the past 3 months

\textsuperscript{2} Cardiovascular disease: Cardiac, peripheral vascular, or cerebrovascular disease

\textsuperscript{3} Metabolic disease: Type 1 and 2 diabetes mellitus

\textsuperscript{4} Sign and symptoms: At rest or during activity. Includes pain, discomfort in the chest, neck, jaw, arms, or other areas that may result from ischemia; shortness of breath at rest or with mild exertion; dizziness or syncope; orthopnea or paroxysmal nocturnal dyspnea; ankle edema; palpitations or tachycardia; intermittent claudication; known heart murmur; unusual fatigue or shortness of breath with usual activities

\textsuperscript{5} Medical clearance: Approval from a healthcare professional to engage in exercise

\textsuperscript{6} Light-intensity exercise: 30–39% HRR or VO\textsubscript{2}R, 2–2.9 METs, RPE 9–11, an intensity that causes slight increases in HR and breathing

\textsuperscript{7} Moderate-intensity exercise: 40–59% HRR or VO\textsubscript{2}R, 3–5.9 METs, RPE 12–13, an intensity that causes noticeable increases in HR and breathing

\textsuperscript{8} Vigorous-intensity exercise: ≥60% HRR or VO\textsubscript{2}R, ≥6 METs, RPE ≥14, an intensity that causes substantial increases in HR and breathing

\textsuperscript{9} ACSM Guidelines: ACSM’s Guidelines for Exercise Testing and Prescription, 10th edition

\textit{Note:} CV = Cardiovascular; HRR = Heart-rate reserve; VO\textsubscript{2}R = Oxygen uptake reserve; METs = Metabolic equivalents; RPE = Rating of perceived exertion; HR = Heart rate; ACSM = American College of Sports Medicine


\textit{Continued on the next page}
**Exercise participation**  Performing planned, structured physical activity for at least 30 minutes at moderate intensity on at least 3 days/week for at least the past 3 months

**Cardiovascular disease**  Cardiac, peripheral vascular, or cerebrovascular disease

**Metabolic disease**  Type 1 and 2 diabetes mellitus

**Signs and symptoms**  At rest or during activity. Includes pain, discomfort in the chest, neck, jaw, arms, or other areas that may result from ischemia; shortness of breath at rest or with mild exertion; dizziness or syncope; orthopnea or paroxysmal nocturnal dyspnea; ankle edema; palpitations or tachycardia; intermittent claudication; known heart murmur; unusual fatigue or shortness of breath with usual activities

**Medical clearance**  Approval from a healthcare professional to engage in exercise

**Light-intensity exercise**  30–39% HRR or VO₂R, 2–2.9 METs, RPE 9–11, an intensity that causes slight increases in HR and breathing

**Moderate-intensity exercise**  40–59% HRR or VO₂R, 3–5.9 METs, RPE 12–13, an intensity that causes noticeable increases in HR and breathing

**Vigorous-intensity exercise**  ≥60% HRR or VO₂R, ≥6 METs, RPE ≥14, an intensity that causes substantial increases in HR and breathing


*Note: CV = Cardiovascular; HRR = Heart-rate reserve; VO₂R = Oxygen uptake reserve; METs = Metabolic equivalents; RPE = Rating of perceived exertion; HR = Heart rate; ACSM = American College of Sports Medicine