

RISK FACTORS

Some risk factors from heart disease such as family history and age are non-modifiable.

Others include: High Blood pressure, high cholesterol, smoking, inactivity, high/frequent stress, diabetes, obesity.

RISK FACTOR ASSESSMENT

List your **RISK FACTORS**. (Your chance of heart disease increases when you have 3 or more risk factors).

RISK FACTOR	What changes have you already made in your.....?	What changes do you plan to make now?	How confident are you to make these changes? Scale of 0 being low – 10 being extremely confident
♥ Smoking?			
♥ Blood Pressure?			
♥ Cholesterol?			
♥ Exercise? Level of Activity?			
♥ Weight?			
♥ Stress Levels?			
♥ Diabetes			