



ID: _____

Date: ___ / ___ / _____

Vigorous Exercise Worksheet

1. Is the participant currently doing vigorous exercise? 1 2
 Yes No
 ELIG go to
 Q2

2. **If No to Q1**, is the participant a male > 40 or a female >50 years of age? ... 1 2
 Yes No
 go to go to
 Q4 Q3

3. **If No to Q2**, then count risk factors:

- Total cholesterol >240 (from local lab results, repeat test at 6 months if needed)
- Blood pressure > 140/90 (from last cluster of BP measures: baseline or 6 month)
- Daily use of tobacco products (from patient history questionnaire)
- Family history of heart attack or angina before age 60 (from Patient History Questionnaire, Q16)

_____ Total → Is the total >= 2? 1 2
 go to ELIG
 Q4

Physician Approval

4. **If Yes to Q2 or Q3**, did the participant have a negative stress test within the last 6 months and did the physician approve? 1 2
 Yes No
 go to INELIG
 Q5

5. **If Yes to Q4**, did the PREMIER clinician review the chart and also approve? 1 2
 ELIG INELIG

Clinician signature

Date

Overview

This worksheet is used to track the process of approving a participant to do vigorous physical activity. The worksheet is initiated when the participant asks to be allowed to do vigorous physical exercise. The form is not entered, but must be filed in a separate place in each clinic as a record of the approval or disapproval. (Note: Do not file in the participant's clinic chart, as these will ultimately only be completed for Premier B or C participants. Do not file in the intervention chart since BP/cholesterol data are stored on the form.)

Note: the risk factors follow JNC guidelines with one exception: the risk factor for diabetes has been dropped because participants with diabetes have been screened out.

Administration/Coding Instructions

The form is completed based on information already in the participant's chart.

Based on the answers to questions 1-4, two outcomes are possible. The participant may be eligible, or need physician approval.

Place an ID label on page #1 and date the form.

<u>Page</u>	<u>Question</u>	<u>Special Administration Instructions (if any)</u>
1	1	The self-report answer may be found on Form 18 (PAR, Page 4, Question C). If the participant answered #3 or #4, then code the form as "Yes". If Yes, then participant is eligible for vigorous physical activity. If No, go on to Q2.
	2	Use the participant's date of birth from the Prescreen Eligibility Form (#1) to answer the question. If No, then go on to Q3. If Yes, go on to Q2.
	3	Use the indicated forms to check the appropriate boxes and then count the checked boxes to compute the total. Use the total to answer the question. If No, then participant is eligible for vigorous physical activity. If Yes, go on to Q4.
	4	If physician approves vigorous physical activity, check Yes, attach the letter from the physician and go on to Q5. If the physician does not approve or can not be contacted, or the participant does not wish to contact the physician or take the stress test, then the participant is not eligible for vigorous physical activity. The participant should be advised not to do vigorous physical activity.
	5	If the PREMIER clinician also approves vigorous physical activity, check Yes. The participant is then eligible for vigorous physical activity. If the PREMIER clinician does not approve, then the participant is not eligible for vigorous physical activity. The participant should be advised not to do vigorous physical activity. If the PREMIER clinician is asked to review the

Review Instructions

Check the following items:

- ID label is attached
- Form is dated
- Skip pattern is correctly followed
- Physician's letter is attached (if Q4=Yes)
- Clinician has signed form if Q5 is answered (Yes or No)

Additional Instructions

If participant needs physician approval, this requires a letter from the physician stating that the participant has had a negative stress test within the last 6 months and that the physician approves of the participant doing vigorous exercise. Then, the PREMIER clinician must also review the participant's study chart and agree that vigorous exercise is appropriate.