



**Guidelines Only – Please Do Not Mark Risk Factors On This Form**

	<b>Low Risk</b>	<b>Moderate Risk</b>	<b>High Risk</b>
<b>Body Mass Index</b>	Between 15-85% Normal weight/height per the growth chart	Between 5-15% / 85-95% (Just over or just under the normal range)	<5% / >95% (Much over or much under normal weight)
<b>Weight Perception</b>	Feels good about weight	Feels "fat" even though weight is normal on the chart	Skips meals, vomits, takes medicine, or exercises too much to control weight
<b>Nutrition</b>	Eats 3 meals/day; and eats fruits, vegetables, and foods with fiber	Eats less than 3 meals/day; or vegetarian without milk or eggs	Eats a lot of snacks with fat and sugar, eats few regular meals
<b>Exercise</b>	5 times/week for at least 20 min each, with increased heart rate and sweating	Exercises less than 5 times/week, not strenuously	No regular exercise to increase heart rate
<b>Tobacco Use</b>	Does not smoke or chew	Smokes or chews less than daily; or stopped less than 6 weeks ago	Smokes or chews regularly
<b>Drug Use</b>	Never used	Previously used; not in the past 3 months	Recently used or currently uses marijuana, huffing, LSD, cocaine, heroin, etc.
<b>Alcohol use</b>	Has only tasted it, or used for religious purpose	Social only, not more than once/week; less than 3 beers or 2 liquor drinks at a time	Drunkenness, blackouts; drinking interferes w/school, family, etc.; 4 or more drinks at a time
<b>Sexual Activity</b>	Never, or is married and faithful	Not in last 6 months; safe sex with condoms	Sex without regular use of condoms; first intercourse before age 16
<b>School</b>	B/C average or better, steady improvement in grades	Grades slipping; detention problem	Failing grades; suspension; often skips school
<b>Depression</b>	Usually happy	Often feels discouraged or down; cries a lot	Unhappy most of the time; feels hopeless; thought of suicide
<b>Abuse</b>	No physical or sexual abuse	Abuse reported and counseling received	Abuse still occurring or not treated with counseling
<b>Safety</b>	Uses seat belt/helmet, never rides with drunk driver	Usually uses seat belt/helmet; rarely rides with drunk driver	Does not use seat belt/helmet; has driven drunk; sometimes rides with drunk driver
<b>Violence</b>	No fights, no threats, does not carry a knife, gun, or rifle, no legal troubles	Threatens others; previous illegal acts (stealing, etc.) but not in past 3 months	Damages own or others' property; carries a gun, knife, or rifle; physical fights with peers; has had contact with police
<b>Family Relationships and Responsibility</b>	Gets along with family, completes chores or work duties	Often argues with family; does not complete chores or work duties	Physical and/or intense verbal fights with family
<b>Friends and Recreation</b>	Has male and female friends; involved in clubs, activities, or hobbies	Has few friends; does things alone; has friends who often get into trouble	Has no friends; or belongs to gang or cult
<b>Good Qualities and Future Plans</b>	Can name 3 good qualities about self, has plans for the future	Hard to think of good qualities about self; has few interests; does not have future	No good qualities about self, no interests or activities
<b>Immunizations</b>	Second MMR; tetanus within ten years; hepatitis series; had varicella or been vaccinated	Lack any one item	Lack two or more items