

Definitions

Unintentional Weight Loss	> 5% or > 4.5 kg Weight Loss over past year
Physical Activity	Limited on vigorous activities such as mowing the lawn, raking, gardening, hiking, jogging, biking, cycling, dancing, aerobics, bowling, golf, swimming & other sports
Low Resistance	In past week frequency of individual feeling everything is an effort and/or “can’t get going”
Strength	Without dynamometer: Estimated 20% weaker than expected in an individual of similar size (BMI) With dynamometer: stratified by gender and BMI quartiles

Interpretation > BMI: Men & Women

Men	Cutoff for Grip Strength (Kg) Criterion for Frailty	Women	Cutoff for Grip Strength (Kg) Criterion for Frailty
BMI <24	< 29	BMI <23	< 17
BMI 24.1 - 26	< 30	BMI 23.1 - 26	< 17.3
BMI 26.1 - 28	< 31	BMI 26.1 - 29	< 18
BMI > 28	< 32	BMI > 29	< 21

Interpretation > Walking: Men & Women

Men	Cutoff for Time to Walk 15 Feet Criterion for Frailty	Women	Cutoff for Time to Walk 15 Feet Criterion for Frailty
Height > 173 cm	6 Seconds	Height > 159 cm	6 Seconds
Height < 173 cm	7 Seconds	Height < 159cm	7 Seconds

Patient Name:

Patient Birthdate:

HCP Evaluator:

Evaluation Date:

Please enter the rating for each criteria as explained under the Options column and add all for the total score

Scoring: 0 = Robust 1 -2 = Pre-Frail 3- 4 = Frail 5 = Very Frail

Criteria	Options	Rating
Unintentional Weight Loss	No = 0 Yes = 1	
Physical Activity	Not limited or partially limited = 0 Very limited = 1	
Low Resistance/Exhaustion	0 to 2 days = 0 3 - 7 days = 1	
Strength	< 20% weaker = 0 > 20% weaker = 1	
Walking Time	Not Slower = 0 Slower = 1	

PLEASE NOTE:

Please save this file with a new name by appending the patient name to the file name

Score

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