

Risk Factors	Magnitude of Risk		
	Low Risk = 0 points each	Moderate Risk = 1 point each	High Risk = 2 points each
<i>Low EA with or without DE/ED</i>	<input type="checkbox"/> No dietary restriction	<input type="checkbox"/> Some dietary restriction‡; current/past history of DE;	<input type="checkbox"/> Meets DSM V criteria for ED*
<i>Low BMI</i>	<input type="checkbox"/> BMI ≥ 18.5 kg/m ² or $\geq 90\%$ EW** or weight stable	<input type="checkbox"/> BMI $17.5 < 18.5$ kg/m ² or $< 90\%$ EW or 5 to $< 10\%$ weight loss/month	<input type="checkbox"/> BMI ≤ 17.5 kg/m ² or $< 85\%$ EW or $\geq 10\%$ weight loss/month
<i>Delayed Menarche</i>	<input type="checkbox"/> Menarche < 15 years	<input type="checkbox"/> Menarche 15 to < 16 years	<input type="checkbox"/> Menarche ≥ 16 years
<i>Oligomenorrhea and/or Amenorrhea</i>	<input type="checkbox"/> > 9 menses in 12 months*	<input type="checkbox"/> 6-9 menses in 12 months*	<input type="checkbox"/> < 6 menses in 12 months*
<i>Low BMD</i>	<input type="checkbox"/> Z-score ≥ -1.0	<input type="checkbox"/> Z-score $-1.0^{***} < -2.0$	<input type="checkbox"/> Z-score ≤ -2.0
<i>Stress Reaction/Fracture</i>	<input type="checkbox"/> None	<input type="checkbox"/> 1	<input type="checkbox"/> ≥ 2 ; ≥ 1 high risk or of trabecular bone sites†
Cumulative Risk (total each column, then add for total score)	_____ points +	_____ points +	_____ points = _____ Total Score

	Cumulative Risk Score*	Low Risk	Moderate Risk	High Risk
<i>Full Clearance</i>	0 – 1 point	<input type="checkbox"/>		
<i>Provisional/Limited Clearance</i>	2 – 5 points		<input type="checkbox"/> Provisional Clearance <input type="checkbox"/> Limited Clearance	
<i>Restricted from Training and Competition</i>	≥ 6 points			<input type="checkbox"/> Restricted from Training/ Competition-Provisional <input type="checkbox"/> Disqualified