

	Any Yes	No
1. Can you walk down a flight of steps without stopping (4.5–5.2 MET)?	Go to 2	Go to 4
2. Can you carry anything up a flight of eight steps without stopping (5–5.5 MET)? Or can you: a. Have sexual intercourse without stopping (5–5.2 MET)? b. Garden, rake, weed (5.6 MET)? c. Roller skate, dance foxtrot (5–6 MET)? d. Walk at a 4-mph (6.5 km/h) rate on level ground (5–6 MET)?	Go to 3	Class III
3. Can you carry at least 24 lb (10.9 kg) up eight steps (10 MET)? Or can you: a. Carry objects that weigh at least 80 lb (36.4 kg) (18 MET)? b. Do outdoor work, shovel snow, spade soil (7 MET)? c. Do recreational activities such as skiing, basketball, touch football, squash, handball (7–10 MET)? d. Jog/walk 5 mph (8 km/h) (9 MET)?	Class I	Class II
4. Can you shower without stopping (3.6–4.2 MET)? Or can you: a. Strip and make bed (3.9–5 MET)? b. Mop floors (4.2 MET)? c. Hang washed clothes (4.4 MET)? d. Clean windows (3.7 MET)? e. Walk 2.5 mph (4 km/h) (3–3.5 MET)? f. Bowl (3–4.4 MET)? g. Play golf, walk and carry clubs (4.5 MET)? h. Push a power lawnmower (4 MET)?	Class III	Go to 5
5. Can you dress without stopping because of symptoms (2–2.3 MET)?	Class III	Class IV

MET, metabolic equivalents of activity.

From reference 8, with permission.

TABLE 6-2 Grading of Angina Pectoris by the Canadian Cardiovascular Society Classification System

Class	Description of Stage
Class I	Ordinary physical activity does not cause angina, such as walking and climbing stairs. Angina occurs with strenuous, rapid, or prolonged exertion at work or recreation
Class II	Slight limitation of ordinary activity. Angina occurs on walking or climbing stairs rapidly, on walking uphill, on walking or stair climbing after meals, in cold, in wind, under emotional stress, or only during the few hours after wakening. Walking more than two blocks on the level and climbing more than one flight of ordinary stairs at a normal pace and in normal condition
Class III	Marked limitations of ordinary physical activity. Angina occurs on walking one to two blocks on the level and climbing one flight of stairs in normal conditions and at a normal pace
Class IV	Inability to carry on any physical activity without discomfort—anginal symptoms may be present at rest

From Campeau L. Grading of angina [letter]. Circulation 1976;54:522–523, with permission.