

# Fitness Assessment Form

Name (last, first) \_\_\_\_\_

Assessment Date \_\_\_/\_\_\_/\_\_\_

Birth date \_\_\_/\_\_\_/\_\_\_

Age: \_\_\_\_

Resting Blood Pressure \_\_\_\_/\_\_\_\_

Resting HR \_\_\_\_

Weight \_\_\_\_ lb \_\_\_\_ kg

Height \_\_\_\_ in.

Sex M / F

## Body Composition

% Body Fat:

% Lean Mass:

Bioelectrical Impedance Reading: \_\_\_\_% Body Fat

\_\_\_\_ BMI

## Girth Measurements:

Chest: \_\_\_\_ in

Calf: \_\_\_\_/\_\_\_\_ in (Right/Left)

Waist: \_\_\_\_ in

Ankle: \_\_\_\_/\_\_\_\_ in (Right/Left)

Hips: \_\_\_\_ in

Upper Arm: \_\_\_\_/\_\_\_\_ in (Right/Left)

Thigh: \_\_\_\_/\_\_\_\_ in (Right/Left)

Wrist: \_\_\_\_/\_\_\_\_ in (Right/Left)

## Cardiovascular Fitness

Predicted VO<sub>2</sub> max:

mL/kg/min

### Rockport Fitness Walking Test (1-mile walk)

Begin with light warm up by walking and light stretching

	Time	Heart Rate
Lap 1:	_____	_____ bpm
Lap 2:	_____	_____ bpm
Lap 3:	_____	_____ bpm
Lap 4:	_____	_____ bpm
Lap 5:	_____	_____ bpm
Lap 6:	_____	_____ bpm
Lap 7:	_____	_____ bpm

### BYU Jog Test (1-mile)

Begin with a 2-3 minute jog to warm up

	Time	Heart Rate
Lap 1:	_____	_____ bpm
Lap 2:	_____	_____ bpm
Lap 3:	_____	_____ bpm
Lap 4:	_____	_____ bpm
Lap 5:	_____	_____ bpm
Lap 6:	_____	_____ bpm
Lap 7:	_____	_____ bpm

## Fitness Assessment Form

### 3 Minute YMCA Step Test (Beginner)

Begin with light warm up by walking and light stretching

Cadence: 96 bpm

Heart Rate: \_\_\_\_\_ bpm

### McArdle Step Test (Advanced)

Begin with light warm up by walking and light stretching

Cadence: Men: 96 bpm

Women: 88 bpm

Heart Rate: \_\_\_\_\_ bpm

## Muscular Endurance

Push-ups / min: \_\_\_\_\_

Percentile (rank): \_\_\_\_\_

YMCA Bench Press Test: \_\_\_\_\_ reps

Percentile (rank): \_\_\_\_\_

Sit-ups / min: \_\_\_\_\_

Percentile (rank): \_\_\_\_\_

## Flexibility

Sit and Reach: 1.) \_\_\_\_\_ 2.) \_\_\_\_\_ 3.) \_\_\_\_\_

## Comments/Calculations: