

## Fitness Assessment Form

Name (last, first) \_\_\_\_\_ Assessment Date \_\_\_/\_\_\_/\_\_\_

Birth date \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_ Resting Blood Pressure \_\_\_/\_\_\_ Resting HR \_\_\_

Weight \_\_\_ lb \_\_\_ kg Height \_\_\_ in. Sex M / F

<b>Body Composition</b>	<b>% Body Fat:</b> _____	<b>% Lean Mass:</b> _____
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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)

<b>Cardiovascular Fitness</b>	<b>Predicted VO<sub>2</sub> max:</b> _____	<b>mL/kg/min</b>
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**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: