YOUR FITNESS TEST RESULTS   NAME _____ DATE_____

BODY & GIRTH MEASUREMENTS   Weight _____kg Height _____ Heart Rate _____bpm
(resting heart rate values- 80-90bpm=poor, 70-80=average, 60-70=good, 50-60 or <=elite)
Blood Pressure _____mm/Hg _____percentile
MEASUREMENTS: Chest _____cm Arm _____cm Thigh_____cm Hips _____cm Waist_____cm
Neck_____cm Abdominal - High _____cm low_____cm other_____cm

WHR (waist hip Ratio) _____
women- < 0.75 = excellent, 0.75-0.80=good,0.80-0.85=average/unaccep,0.85-0.90=high, >0.90=extremely unacceptable
Men- <0.85= excellent, 0.85-0.90=good, 0.90-0.95= average, 0.95-1.00=high, >1.00=extremely unacceptable
BMI _____(<18.5 is underweight, 18.5-24.9 is normal, 25-30 is overweight, >30 is obese)
BODY FAT RATING _____
('-' means under fat & increased risk of health problems, '0' means healthy, '+' means overfat & increased risk of health
problems '++' means obese & greatly increased risk of obesity related health problems.)
BODY WATER PERCENTAGE_____
(the desirable range for a healthy adult is female 45-60% and male 50-65%. Water % will decrease as % of body fat increases. As you LOSE BODY
FAT TOTAL WATER % SHOULD MOVE TOWARDS TYPICAL RANGE GIVEN)
MUSCLE MASS-- _____
Muscle mass indicates the weight of muscle in your body. It indicates skeletal muscles, smooth muscles (eg cardiac & digestive muscles) & the water
contained in these muscles. Muscles act as the engine in consuming energy. With exercise, both your muscle mass, and your energy consumption
increases, thereby helping you to lose weight in a healthy way.
PHYSIQUE RATING –_____
Your physique rating is the ratio of body fat compared to muscle mass in your body. As you become more active and reduce body fat, your physique
rating will change, even though your weight may not change. Your muscle mass and body fat levels may be changing making your healthier and at
lower risk of health diseases, even though there appears to be no significant weight loss.
1= hidden obese (small frame obese- high body fate % with low muscle mass level), 2= obese(medium frame obese- high body fat % with mod
muscle mass level), 3= solidly built (large frame obese- high body fat % and high muscle mass),
4= under exercised (low muscle and average body fat %- average body fat% and less than average muscle mass level),
5= standard (average muscle and average body fat%- average levels of both body fat and muscle mass),
6= standard muscular (high muscle and average body fat%- athlete- average body fat% and higher than normal muscle mass level),
7= thin (low muscle and low fat- mower than normal body fat % and muscle mass level), 8= thin and muscular (thin , muscular athlete- lower than
normal body fat % while having adequate muscle mass), 9=very muscular (muscular athlete- lower than normal body fat% while having above
average muscle mass)
BASAL METABOLIC RATE (BMR) _____
(This is the minimum level of energy your body needs when at rest to function effectively including your respiratory and circulatory organs, neural
system, liver, kidneys, organs. About 70% of calories consumed daily are used for basal metabolism. + energy is used when doing any form of
activity. Skeletal muscle accounts for approx 40% of your body weight and your BMR is affected by the quantity of muscles you have, so increasing
your muscle mass will increase your basal metabolism. BMR rises as a child matures and peaks round age 16-17 and then gradually decreases.
A higher BMR will increase the number of calories used and help decrease the amount of body fat. A low BMR will make it harder to lose
body fat and overall weight.)
METABOLIC AGE _____
If your BMR age is higher than your actual age it is an indication that you need to improve your metabolic rate. Increased exercise will build healthy
muscle tissue, which will improve your metabolic age. Readings will be given between 12 and 50.under 12 will be given as 12 & over 50 given as 50.
BONE MASS _____
(this is a value estimated statistically based on its correlation with the fat-free amount (tissues other than the fat) and does not give a direct judgement
on the hardness or strength of the bones or the risks of bone fractures. If you have concerns over your bones you are recommended to consult your
doctor.
Normal Bone Osteoporotic Bone
Note- Your doctor can help you determine whether you should have a BMD test. BMD testing should be performed on:
• All women aged 65 and older regardless of risk factors*
• Younger postmenopausal women with one or more risk factors (other than being white, postmenopausal and female).
• Postmenopausal women who present with fractures (to confirm the diagnosis and determine disease severity).
*Note: Medicare covers BMD testing for the following individuals aged 65 and older:
• Estrogen deficient women at clinical risk for osteoporosis
• Individuals with vertebral abnormalities
• Individuals receiving, or planning to receive, long-term glucocorticoid (steroid) therapy
• Individuals with primary hyperparathyroidism
• Individuals being monitored to assess the response or efficacy of an approved osteoporosis drug therapy.
VISCERAL FAT RATING _____
(1-12 means you have a healthy level of visceral fat. 13-59 means an excess of visceral fat. Consider making changes in lifestyle through diet &
increase exercise. It is possible to have a low body fat % rate & still have a high visceral fat level.)
FLEXIBILITY - Sit & reach_____cm _____ (women- >30 =superior, 11-20=good, -7-0 = fair, <-15=very poor)
(men -> 27 =superior, 6-16 = good, -8- -1 = fair, <-20 = very poor)
STRENGTH
1._____
2._____
MUSCULAR ENDURANCE
1.Push Up_____
2.Sit Up_____
OTHER TESTS_ _____
POSTURE
_____
_____
BALANCE   RIGHT_____   LEFT_____
AEROBIC POWER
1. _____MaxVO2(m/O2/Kg/min)
2. _____Fitness Level