

# Health and Fitness Assessment

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_ Retest: \_\_\_\_\_

## Vital Signs

Resting HR		Height	m in	BMI	
Resting BP	/ /	Weight	kg lb	Waist to Hip	

## Girth Measurements

Waist		Arm - L	
Hip		Arm - R	
Iliac		Forearm - L	
Abdomen		Forearm - R	
Neck		Thigh - L	
Shoulders		Thigh - R	
Chest		Calf - L	
Wrist - R		Calf - R	

## Skinfold Measurements

Jackson / Pollock 7 Site ( 3 Site: M = <sup>1</sup> / F = <sup>2</sup> )			
Chest <sup>1</sup>			
Abdomen <sup>1</sup>			
Thigh <sup>1,2</sup>			
Triceps <sup>2</sup>			
Suprailiac <sup>2</sup>			
Subscapular			
Midaxillary			

## Body Composition

Body Fat %:	Fat Mass:	Lean Mass:
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## Performance Testing

Test	Data / Notes	Result

## Notes

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