

Health and Fitness Assessment

Name: _____ Age: _____ Date: _____ Retest: _____

Vital Signs

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

Circumference Measures

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

Skinfold Measurements

Triceps ^{2,3}			
Chest ¹			
Midaxillary			
Subscapular ³			
Abdomen ¹			
Suprailiac ^{2,3}			
Thigh ^{1,2}			
Biceps ³			

Jackson / Pollock 7 Site (3 Site: M = ¹ / F = ²)
Durnin-Womersley Skinfold (4 site ³)

Body Composition

Test Method	Body Fat %	Fat Mass	Lean Mass
Skinfold			
Circumference			
Average			

Nutritional Needs

Fitness Goal:		Ideal Weight:	
Activity Level:		BMR:	

Nutritional Requirements for Maintaining Current Weight (in calories / day)

TEE (Average):	TEE (Low):	TEE (High):
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Nutritional Requirements for Reaching Ideal Weight (in calories / day) and Macronutrient Distribution

Daily Calories for 1 lb. / Wk.:		Daily Calories for 2 lbs. / Wk.:	
Macronutrient	Percent	Grams	Calories
Carbohydrate			
Protein			
Fat			

Pre/Post Exercise Nutritional Needs

Pre-Exercise H ₂ O	4 Hours Prior:	2 Hours Prior:
Post-Exercise H ₂ O	*Drink 5-6 fl oz of water per ¼ lb weight lost post exercise.	
Pre-Exercise Nutrition	Carbohydrate:	Protein:
Post-Exercise Nutrition	Carbohydrate:	Protein:

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Functional Movement Screen (FMS)

Test		Raw Score	Final Score	Comments
Deep Squat				
Hurdle Step	L			
	R			
Inline Lunge	L			
	R			
Shoulder Mobility	L			
	R			
Shoulder Clearing Test	L +/-			
	R +/-			
Active Straight Leg Raise	L			
	R			
Trunk Stability Push Up				
Extension Clearing Test	+/-			
Rotary Stability	L			
	R			
Flexion Clearing Test	+/-			
Final Score				

Muscular Strength

	Set 1:	Set 2:	Set 3:	Est. 1RM:
	Strength to Mass:		Score:	
	Set 1:	Set 2:	Set 3:	Est. 1RM:
	Strength to Mass:		Score:	
	Set 1:	Set 2:	Set 3:	Est. 1RM:
	Strength to Mass:		Score:	
	Set 1:	Set 2:	Set 3:	Est. 1RM:
	Strength to Mass:		Score:	

Cardiovascular Fitness

	Est. VO _{2max} :	Score:
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Heart Rate Reserve

RHR:	20%:	40%:	60%:	80%:	90%:
10%:	30%:	50%:	70%:	85%:	Max HR:
↑ Resting ↑	↑ Very Easy ↑	↑ Easy ↑	↑ Moderate ↑	↑ Hard ↑	↑ Max Effort ↑

Other Tests

Test	Data / Notes