

# 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 <sup>2,3</sup>			
Chest <sup>1</sup>			
Midaxillary			
Subscapular <sup>3</sup>			
Abdomen <sup>1</sup>			
Suprailiac <sup>2,3</sup>			
Thigh <sup>1,2</sup>			
Biceps <sup>3</sup>			

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

## Body Composition

Test Method	Body Fat %	Fat Mass	Lean Mass
Skinfold (exrx.net)			
Circumference (pikefitness.com)			
Average			

## Fitness Testing

Test	Data / Notes

## Notes
