

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

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

Fitness Testing

Test	Data / Notes

Notes
