

HEALTH & FITNESS ASSESSMENT DATA SHEET

Name: _____

EMPLID: _____

Date: _____

Unit: _____

Check ALL that apply:

☐

Active Duty

☐

Officer

☐

Enlisted

☐

Reserve/Auxiliarist

☐

Civilian

☐

Dependent Retiree

☐

Other

1. Age: _____ (years) 2. Height: _____ (ft/in) 3. Weight: _____ (lbs)

4. Resting Heart Rate: _____ (Normal is between 60 & 80 beats per minute)

5. Resting Blood Pressure: _____

For ages 20+: Excellent $\leq 115/75$; Doing Well 116-119/76-79; Increased Risk 120-139/80-89; Caution $\geq 140/90$

For < age 20: Excellent $\leq 112/70$; Doing Well 113-119/71-79; Increased Risk 120-131/80-85; Caution $\geq 132/86$

6. Waist-To-Hip Ratio*: Waist: _____ (in) Hip: _____ (in) Ratio: _____ (waist divided by hip)

**record to nearest tenth of an inch*

Risk Level	Men	Women
Excellent	$< .85$	$< .72$
Doing Well	$.85 - < .95$	$.72 - < .80$
Needs Improving	$.95 - < 1.0$	$.80 - < 1.0$
High risk	1.0+	1.0+

7. Body Composition Measure by Skinfold (administered by Health Promotion Manager):

Men: Chest _____ Abdomen _____ Thigh _____ %Body Fat _____

Women: Triceps _____ Iliac _____ Thigh _____ %Body Fat _____

Men	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs	60+ yrs
Excellent	≤ 10	≤ 12	≤ 13	≤ 15	≤ 16	≤ 17
Desirable	$> 10-15$	$> 12-16$	$> 13-17$	$> 15-19$	$> 16-20$	$> 17-20$
Needs Improving	> 15	> 16	> 17	> 19	> 20	> 20
Caution	24+	25+	26+	26+	27+	28+

Women	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs	60+ yrs
Excellent	≤ 19	≤ 21	≤ 22	≤ 23	≤ 24	≤ 25
Desirable	$> 19-23$	$> 21-25$	$> 22-26$	$> 23-27$	$> 24-28$	$> 25-29$
Needs Improving	> 23	> 25	> 26	> 27	> 28	> 29
Caution	29+	32+	33+	33+	34+	35+

8. Total Cholesterol (TC): _____ (mg/dl) HDL Cholesterol (the "Healthy" Package): _____ (mg/dl)

TC/HDL Cholesterol Ratio: _____ (mg/dl) LDL Cholesterol (the "Lousy" Package): _____ (mg/dl)

Glucose: _____ (mg/dl) Triglycerides: _____ (mg/dl)

Check One:

Fasting

Non- Fasting

Risk Level	Total Cholesterol	HDL	TC/HDL Ratio	LDL	Triglycerides	Glucose (Fasting)	Glucose (Non-fasting)
High Risk	240+	< 35	$4.9 - < 5.5$	160+	400+	126+	200+
At Risk	200 - < 240	$35 - < 45$	$4.5 - < 4.9$	130 - < 160	200 - < 400	110 - < 126	140 - < 200
Desirable	180 - < 200	45 - 60	$3.5 - < 4.5$	100 - < 130	100 - < 200	100 - < 110	110 - < 140
Excellent	< 180	60+	< 3.5	< 100	< 100	< 100	< 110

9. One Mile Walk: _____ (minutes) _____ (seconds) _____ (heart rate in beats per minute)
 (record time it took to walk one mile; take pulse for 10 seconds & convert to beats per minute) – (see HPM for VO2 max calculations)

10. 1.5 Mile Run: _____ (minutes) _____ (seconds)

Men	20 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years	60+ years
Excellent	<10:46	<11:06	<11:52	<12:51	<13:55
Desirable	10:46 – 11:53	11:06 – 12:25	11:52 – 13:31	12:51 – 14:30	13:55 – 16:02
Needs Improving	11:54 – 14:21	12:26 – 15:07	13:32 – 16:24	14:31 – 18:08	16:03 – 20:53
Caution	> 14:22	>15:08	>16:25	>18:09	>20:54

Women	20 - 29 years	30 - 39 years	40 - 49 years	50 - 59 years	60+ years
Excellent	<12:53	<13:47	<14:40	<16:49	<17:26
Desirable	12:53 – 14:30	13:47 – 15:28	14:40 – 16:50	16:49 – 18:38	17:26 – 20:17
Needs Improving	14:31 – 17:52	15:29 – 19:09	16:51 – 20:53	18:39 – 22:58	20:18 – 25:00
Caution	>17:53	>19:10	>20:54	>22:59	>25:01

11. Push-Up Test: _____ (record the number of push-ups performed using correct form without resting)

Men	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	35+	34+	27+	21+	17+	16+
Desirable	27 - < 35	27 - < 34	21 - < 27	16 - < 21	11 - < 17	10 - < 16
Needs Improving	18 - < 27	17 - < 27	12 - < 21	10 - < 16	7 - < 11	5 - < 10
Caution	< 18	< 17	< 12	< 10	< 7	< 5

Women	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	31+	26+	24+	22+	17+	15+
Desirable	23 - < 31	20 - < 26	17 - < 24	14 - < 22	10 - < 17	10 - < 15
Needs Improving	12 - < 23	10 - < 20	8 - < 17	5 - < 14	2 - < 10	2 - < 10
Caution	< 12	< 10	< 8	< 5	< 2	< 2

12. Sit-Up Test: _____ (record the number of sit-ups performed in one minute)

Men	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	46+	41+	34+	30+	25+	21+
Desirable	41 - < 46	36 - < 41	30 - < 34	25 - < 30	21 - < 25	15 - < 21
Needs Improving	33 - < 41	29 - < 36	22 - < 30	17 - < 25	13 - < 21	7 - < 15
Caution	< 33	< 29	< 22	< 17	< 13	< 7

Women	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	40+	34+	27+	23+	17+	15+
Desirable	35 - < 40	29 - < 34	23 - < 27	18 - < 23	11 - < 17	10 - < 15
Needs Improving	27 - < 35	21 - < 29	15 - < 23	7 - < 18	3 - < 11	2 - < 10
Caution	< 27	< 21	< 15	< 7	< 3	< 2

13. Sit and Reach Test: _____ (record the best of three to the nearest tenth of an inch)

Men	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	15+	15+	14.6+	13.4+	12.6+	11.8+
Desirable	13 - < 15	13 - < 15	12.6 - < 14.6	11 - < 13.4	10.6 - < 12.6	9.5 - < 11.8
Needs Improving	9.5 - < 13	9.8 - < 13	9.1 - < 12.6	7.1 - < 11	6.3 - < 10.6	5.9 - < 9.5
Caution	< 9.5	< 9.8	< 9.1	< 7.1	< 6.3	< 5.9

Women	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	16.5+	15.7+	15.4+	14.6+	14.6+	13.4+
Desirable	14.6 - < 16.5	14.1 - < 15.7	13.8 - < 15.4	13 - < 14.6	12.6 - < 14.6	11.8 - < 13.4
Needs Improving	11.4 - < 14.6	11 - < 14.1	10.6 - < 13.8	9.8 - < 13	9.8 - < 12.6	9.1 - < 11.8
Caution	< 11.4	< 11	< 10.6	< 9.8	< 9.8	< 9.1

PRIVACY ACT STATEMENT

Authority: 10 USC 8012 and Executive Order 9397

Principle Purpose: To complete a Health & Fitness Assessment Data Sheet as part of the Health and Fitness Program.

Routine Uses: Used to determine health & fitness acceptability according to military standards. Information will be released to authorized personnel involved in health assessment.

Disclosure: Voluntary; however, failure to furnish the requested information will impede on determining the health and fitness process.