

Fitness Assessment Form

Name (last, first) _____

Assessment Date ___/___/___

Birth date ___/___/___

Age: ___

Resting Blood Pressure ___/___

Resting HR ___

Weight ___ lb ___ kg

Height ___ in.

Sex M / F

Body Composition	% Body Fat: <input style="width: 50px;" type="text"/>	% Lean Mass: <input style="width: 50px;" type="text"/>
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Bioelectrical Impedance Reading: _____ % Body Fat

_____ BMI

Girth Measurements:

Chest: _____ in

Calf: _____ / _____ in (Right/Left)

Waist: _____ in

Ankle: _____ / _____ in (Right/Left)

Hips: _____ in

Upper Arm: _____ / _____ in (Right/Left)

Thigh: _____ / _____ in (Right/Left)

Wrist: _____ / _____ in (Right/Left)

Cardiovascular Fitness	Predicted VO₂ max: <input style="width: 50px;" type="text"/>	mL/kg/min <input style="width: 50px;" type="text"/>
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Rockport Fitness Walking Test (1-mile walk)

Begin with light warm up by walking and light stretching

	Time	Heart Rate
Lap 1:	_____	_____ bpm
Lap 2:	_____	_____ bpm
Lap 3:	_____	_____ bpm
Lap 4:	_____	_____ bpm
Lap 5:	_____	_____ bpm
Lap 6:	_____	_____ bpm
Lap 7:	_____	_____ bpm

BYU Jog Test (1-mile)

Begin with a 2-3 minute jog to warm up

	Time	Heart Rate
Lap 1:	_____	_____ bpm
Lap 2:	_____	_____ bpm
Lap 3:	_____	_____ bpm
Lap 4:	_____	_____ bpm
Lap 5:	_____	_____ bpm
Lap 6:	_____	_____ bpm
Lap 7:	_____	_____ bpm

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3 Minute YMCA Step Test (Beginner)

Begin with light warm up by walking and light stretching

Cadence: 96 bpm

Heart Rate: _____ bpm

McArdle Step Test (Advanced)

Begin with light warm up by walking and light stretching

Cadence: Men: 96 bpm

Women: 88 bpm

Heart Rate: _____ bpm

Muscular Endurance

Push-ups / min: _____

Percentile (rank): _____

YMCA Bench Press Test: _____ reps

Percentile (rank): _____

Sit-ups / min: _____

Percentile (rank): _____

Flexibility

Sit and Reach: 1.) _____ 2.) _____ 3.) _____

Comments/Calculations: