



**Body Mass Index**

Assesses Weight in relation to height, how healthy is your current body shape.

BMI				
W(Kg)/h(m) <sup>2</sup>				
M/F <20				
M/F 20-25				
M/F >25				

**Hip- to- waist ratio**

This assesses your body shape and fat distribution

H – W Ratio				
Low Risk				
Moderate Risk				
High Risk				

**One Minute press up test**

This tests you upper body strength

Full Press Ups				
M 9 or less				
M 10 – 30				
M 31 or more				

½ Press Ups				
M 29 or less				
M 30 - 50				
M 51 or more				

**Three Minute step test**

To test cardiovascular fitness (30 steps/ minute), take pulse for 15s after 3 minutes, multiply HR by 4

M >157				
M 131 – 156				
M 120 – 130				

Abdominal Strength (Plank)

< 30 sec				
> 30 sec				
> 1 minute				

Notes

Fitness Testing Results for				
· <b>Date</b>				
· <b>Time</b>				
Height (m)				
Weight(lbs)(Kg)				
RHR				
BP				
· <b>% BodyFat</b>				
Biceps				
Triceps				
Subscapular				
Supriliac				
<b>Total</b>				
% Bodyfat				
Fat (Wx%BF)				
Lean Body Mass (W-F)				
· <b>Lung Function</b>				
FEV1				
FVC				
FER				
PEFR				
· <b>Cardio</b>				
Workload/HR1				
Workload/HR2				
Workload/HR3				
AeT				
AnT				