

Fitness Appraisal

Name: _____

- Complete the following tests and record your results in the table provided.

Test	Results	Verbal Rating	Is Improvement Necessary?	
<i>Resting Heart Rate</i>	_____bts/min		YES	NO
<i>Pre-exercise Heart Rate</i>	_____bts/min		YES	NO
BODY COMPOSITION				
<i>Body Mass Index</i> Weight = _____lbs Height = _____ft./in	(Use the chart) BMI = _____		YES	NO
<i>Waist Circumference =</i> _____ cm	Identify your risk -->		YES	NO
<i>Waist to Hip Ratio</i> Waist = _____cm Hip = _____cm	WHR = Waist÷Hip _____ Identify your risk -->		YES	NO
MUSCULAR STRENGTH				
<i>Grip Strength</i> Right = __ Left = __	Total of Right + Left = _____		YES	NO
<i>Vertical Jump</i>	_____cm		YES	NO

MUSCULAR ENDURANCE				
<i>Push-Ups</i>	# = _____		YES	NO
<i>Curl-Ups</i>	# = _____		YES	NO
<i>Side Plank</i> Right side	# of sec = _____		YES	NO
Left side	# of sec = _____			
CARDIOVASCULAR ENDURANCE				
<i>12 minute run</i> (HR = heart rate in beats / minute) Post HR = _____ 3 min. Recovery HR = _____	# of laps = _____ Total Distance = _____ (see chart)		YES	NO
FLEXIBILITY				
<i>SIT-REACH-HOLD</i>	_____ cm		YES	NO