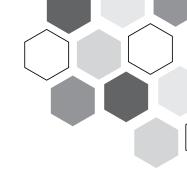
ASSESSMENT RESULTS FORM



ESSENTIAL CARDIOVASCULAR ASSESSMENT RESULTS			
HEART RATE	LOOLHIIAL O	METOTAGOCAN NOOLOOML	DATE:
Resting heart rate:	bpm	Exercise heart rate:	bpm
BLOOD PRESSURE			DATE:
Resting blood pressure:	_/ mmHg		
	BODY-C	OMPOSITION ASSESSMENT F	RESULTS
HEIGHT, WEIGHT, AND BOD	Y MASS INDEX		DATE:
Weight (Ib):	Height (in):		
f necessary, convert to met	ric units: Weight in p	ounds x 0.454 = Weight in kg	Height in inches x 0.0254 = Height in m
Weight (kg):	Height (m):		
SKINFOLD MEASUREMENTS	S		DATE:
MEN		WOMEN	
Chest.			
Chest:		Triceps: Suprailium:	
Abdomen:	-	Suprailium:	
	-		
Abdomen:		Suprailium:	
Abdomen: Thigh: Total: % Body-fat estimation:		Suprailium: Thigh: Total:	
Abdomen: Thigh: Total: % Body-fat estimation: <i>Note:</i> Refer to pages 203 ar		Suprailium: Thigh: Total:	
Abdomen: Thigh: Total:		Suprailium: Thigh: Total:	
Abdomen: Thigh: Total: % Body-fat estimation: Note: Refer to pages 203 ar GIRTH MEASUREMENTS		Suprailium: Thigh: Total:	
Abdomen: Thigh: Total: % Body-fat estimation: Note: Refer to pages 203 ar GIRTH MEASUREMENTS Abdomen:	nd 204 to determine I	Suprailium: Thigh: Total:	

