

ASSESSMENT RESULTS FORM



Name: _____

ESSENTIAL CARDIOVASCULAR ASSESSMENT RESULTS

HEART RATE

DATE: _____

Resting heart rate: _____ bpm

Exercise heart rate: _____ bpm

BLOOD PRESSURE

DATE: _____

Resting blood pressure: ____/____ mmHg

BODY-COMPOSITION ASSESSMENT RESULTS

HEIGHT, WEIGHT, AND BODY MASS INDEX

DATE: _____

Weight (lb): _____ Height (in): _____

If necessary, convert to metric units: Weight in pounds x 0.454 = Weight in kg Height in inches x 0.0254 = Height in m

Weight (kg): _____ Height (m): _____

Calculate body mass index (BMI): Weight (kg) ÷ Height² (m) or BMI = Weight (kg)/Height² (m) or $\frac{\text{Weight (lb)}}{\text{Height}^2 \text{ (in)}} \times 703$
BMI: _____

Note: Refer to page 207 for a BMI chart.

SKINFOLD MEASUREMENTS

DATE: _____

MEN

Chest: _____

Abdomen: _____

Thigh: _____

Total: _____

% Body-fat estimation: _____

Note: Refer to pages 203 and 204 to determine body-fat estimates.

WOMEN

Triceps: _____

Suprailium: _____

Thigh: _____

Total: _____

GIRTH MEASUREMENTS

DATE: _____

Abdomen: _____

Hip: _____

Waist: _____

Waist-to-hip ratio: _____

Note: Refer to page 209 for a waist-to-hip ratio norms table and to page 210 for waist circumference categories.

