

Personal Fitness Profile: Post-Test

Date _____ Course _____ Section _____

Name _____ Age _____ Male Female

Body Weight _____

Fitness Component	Test Data	Test Results	Category	Goal
Cardiorespiratory Endurance				
	Time	VO₂max		VO₂max
1.5-Mile Run	_____ : _____	_____ . _____	_____	_____ . _____
	Time			
1.0-Mile Walk	_____ : _____			
	Heart Rate	VO₂max		VO₂max
	_____ : _____	_____ . _____	_____	_____ . _____
Muscular Strength/Endurance				
		Reps		
Bench Jumps		_____	_____	_____
Chair Dips / Modified Push-Ups		_____	_____	_____
Bent-Leg Curl-Ups / Ab. Crunches		_____	_____	_____
Overall Fitness Category			_____	
Muscular Flexibility				
		Inches		
Modified Sit-and-Reach (MSR)		_____	_____	
Finger Touch (FT), Right		_____	_____	_____
Finger Touch (FT), Left		_____	_____	
Overall Fitness Category (use the MSR test plus only one of the FT tests)			_____	
BMI/Body Composition				
Body Mass Index (BMI)	_____		_____	_____
Waist Circumference (WC)	_____ inches		_____	_____
BMI & WC			_____	_____
Chest / Triceps	_____ mm			
Abdominal / Suprailium	_____ mm			
Thigh	_____ mm			
Sum of Skinfolds	_____ mm			
Percent Body Fat		_____	_____	_____
Lean Body Mass		_____ lbs.		_____

Student Signature _____

Instructor Signature _____

Computation Form for Recommended Body Weight, Body Mass Index (BMI), and Waist Circumference (WC)

Name _____ Date _____

Course _____ Section _____

Recommended Body Weight According to Percent Body Fat

A. Current Body Weight (BW): _____ lbs

B. Current Percent Fat (%F): _____ %

C. Fat Weight (FW) = $BW \times \%F^* =$ _____ \times _____ = _____ lbs

D. Lean Body Mass (LBM) = $BW - FW =$ _____ $-$ _____ = _____ lbs

E. Age: _____

F. Recommended Fat Percent (RFP) Range (see Table 2.12, page 52):

Low End of Recommended Fat Percent Range (LRFP): _____ % (Physical Fitness Standard)

High End of Recommended Fat Percent Range (HRFP): _____ % (Health Fitness Standard)

G. Recommended Body Weight Range:

Low End of Recommended Body Weight Range (LRBW) = $LBM \div (1.0 - LRFP^*)$

LRBW = _____ \div $(1.0 -$ _____ $) =$ _____ lbs

High End of Recommended Body Weight Range (HRBW) = $LBM \div (1.0 - HRFP^*)$

HRBW = _____ \div $(1.0 -$ _____ $) =$ _____ lbs

Recommended Body Weight Range: _____ to _____ lbs

*Express percentages in decimal form (e.g., 25% = .25)