HEALTH AND FITNESS, TODAY, TOMORROW 4 EVER

Cardiorespiratory Assessment

- **Name:** _____
- **Resting Heart Rate:** _____
- **HRmax (Estimate):** _____
- **Blood Pressure:** _____

YMCA 3—Minute Step Test

Recovery Heart Rate: _____ **Rating:** _____

To compare the client's cardiorespiratory fitness rating, compare the recovery heart rate to the table 9:11

Rockport Walk Test

Time: _____ **Heart Rate:** _____ **O2 Score** _____

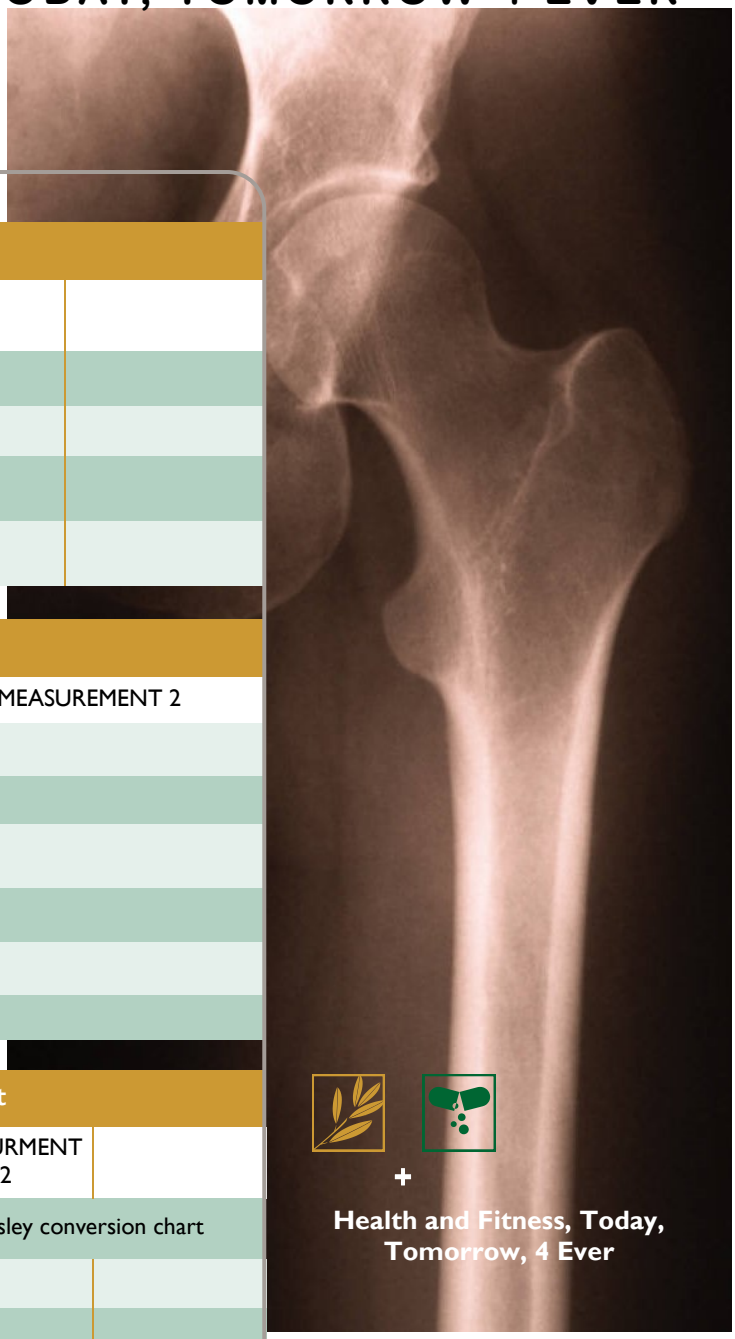
O2 Score = 1323.853 -(0.0769 *weight) - (0.3877 * age) + (6.315* {1 for male or 0 for female]) - (3.2649 * time) - (0.1565 * heart rate)

To compare the client's cardiorespiratory fitness rating, compare the recovery heart rate to the table 9:12

TRAINING ZONE	1	2	3
Readiness			

Zone 1= 65-75% HR max, Zone 2 = 75-85% HRmax Zone 3 = 85-95% HRmax

HEALTH AND FITNESS, TODAY, TOMORROW 4 EVER



Body Composition

DATE:			
Name:			
Height:			
Weight:			
Body Mass Index (BMI)			

Skinfold Measurements

SITE	MEASUREMENT 1	MEASUREMENT 2
Biceps		
Triceps		
Iliac Crest		
Subscapular		
Total		

Circumference Measurement

SITE	MEASUREMENT 1	MEASURMENT 2	
To determine body fat percentage, use the Durin-Wormsley conversion chart			
Neck			
Chest			
Waist			
Hips			
Thighs			
Calves			
Biceps			
Waist-to-Hip Ratio _____			
	carlos@healthandfitnesstodaytomorrow4ever.com		

http://www.healthandfitnesstodaytomorrow4ever.com

CARLOS PINNACE

813-504-9360