



thinkingfitness
FITNESS FOR ANYBODY

Duration:

Cost: \$

Charged:

HEALTH CHECK RESULTS

OVERVIEW

Details

Name:

Age:

Height:

Weight:

Nationality:

Activity Level: (Normal / Sport / Athlete)

Pregnant ? : If pregnant no test allowed

Last Meal Time Today:

(2-3 hrs prior to test recommended)

Alcohol in last 24hrs?

Exercise in previous 12 hrs?

Medications:

Coffee/tea/fizzy/energy drinks (diuretics)

In past 24hrs ?

Distance between hand pads?

Distance between foot pads?

Time of Test:

Date of Test:

Instructor:

Total Cholesterol (mg/dl):

HDL Cholesterol (mg/dl):

Smoker : YES / NO

Date Quit Smoking :

Diabetic : YES / NO

Waist Measurement:

(breath out)

Temperature :

(36-37.5C normal)

Retest Date:

NB: Urinate within 30 min's of testing

Trainer Notes:

Results

Blood Pressure High-normal 120/80-140/90

Aim for 130/80 (mmHg)

Systolic:

Diastolic:

Resting Heart Rate:

Body Fat %:

Body Fat Kg:

Target Body Fat %:

Body Mass Index:

Impedance:

Resting Metabolic Rate (Cal):

Target Weight:

Lean Weight:

Lean Mass%:

Total Body Water:

Water%:

Target Water%:

Target Daily Water Consumption:

((weightkgx2.2)/2/15)x450=mls



Step-ups (low aerobic step 3 min's)

Heart rate (within 1st 6 sec) :

Heart rate (1 minute later) :

Recovery BPM :



Reach measurement:

Reach Rating:



Balance: Yoga Aeroplane-1 leg Balance

L1=2 RL toe on gnd (upbody inline rear leg)

L2=45 deg rear leg lift / L3=90 deg RL lift

L4=RL & Body parallel with ground & raised onto rear leg toes

Level 1-4 :

Time held :



Pushups max (or 1minute):

(circle): mod / full



Situps max (or 1 minute):

Stage: (circle): 1 / 2 / 3