



# My Fitness Profile

1. Last name \_\_\_\_\_

2. First name \_\_\_\_\_

3. Age \_\_\_\_\_

4. Gender 1 [ ] Male 2 [ ] Female

5. ID # \_\_\_\_\_

6. Health status. In general, how healthy are you?

- 1 [ ] Excellent
- 2 [ ] Good
- 3 [ ] Fair
- 4 [ ] Poor



**Aerobic physical activity.** Indicate how much time you spend doing the following activities:

**7. Moderate aerobic activities** such as walking briskly, biking 8-10 mph, low impact aerobics, using an elliptical trainer, swimming at a moderate pace, water aerobics, active gardening, etc.

- \_\_\_\_\_ Average **minutes** per day
- \_\_\_\_\_ Number of **days** you do moderate exercise

**8. Vigorous aerobic activities** such as jogging, biking (12-15+ mph), vigorous aerobics, etc.

- \_\_\_\_\_ Average **minutes** per day
- \_\_\_\_\_ Number of **days** you do vigorous exercise

**9. Strength training.** How many **days** a week do you do strength building exercises such as weight lifting, push-ups, or curl-ups for at least 10-20 minutes?

\_\_\_\_\_ Days per week

**10. Balance exercises.** How many **days** each week do you do balance exercises (standing on one leg, toe-to-heel walk, etc.)?

\_\_\_\_\_ Days per week

**11. Stretching.** How many **days** each week do you do stretching exercises for at least 10 minutes?

\_\_\_\_\_ Days per week

**12. Sitting.** How many hours do you sit daily?

- \_\_\_\_\_ Sit driving
- \_\_\_\_\_ Sit at work or school
- \_\_\_\_\_ Sit while eating
- \_\_\_\_\_ Sit watching TV or other screen time
- \_\_\_\_\_ **Total hours** sitting per day

## Fitness Tests

Follow test instructions below.

**13. Height** \_\_\_\_\_ ft. \_\_\_\_\_ in.

**14. Weight** \_\_\_\_\_ lbs.

**15. Waist circumference** \_\_\_\_\_ inches.

Measure your waist when standing relaxed, at the level of the umbilicus. Pull tape snug but not tight.



**16. Sit-and-reach.** Sit on floor, legs straight. Reach straight forward, toes without bending knees or uncurl. How far can you reach and hold?

- 1 [ ] I can't reach my toes
- 2 [ ] I can just reach my toes
- 3 [ ] I can reach 2+ inches past my toes



**17. Push-ups.** \_\_\_\_\_ How many push-ups can you comfortably do at one time without stopping (men from toes, ladies from knees)?



**18. Curl-ups.** \_\_\_\_\_ Lie on back, knees bent 90 degrees. Contract stomach muscles, stretch hands forward, wrap fingers over the knee caps. Return head to mat. Go slowly. Do as many as is comfortable without stopping (max of 75).



**19. Balance.** \_\_\_\_\_ Number of seconds you can balance on one foot (max of 45 sec)? (Have a chair nearby ready for balance if needed.)



The following tests are optional. Do as many as you can.

**19. Resting pulse** \_\_\_\_\_ b/min.

Take pulse after sitting and resting. You can find your pulse on the thumb side of your wrist.



**20. Percent body fat** \_\_\_\_\_ %

Use body fat testing equipment to determine your percent body fat. New instruments allow you to indicate if you are an athlete or exercise an hour a day or more which gives a more accurate test.



**21. Grip strength** \_\_\_\_\_ with hands

Measure your maximal grip with each hand, then combine the results of both hands in the space above. You may try two or three times. Use your best effort.



Choose one of the following aerobic fitness tests.

**22. 1-Mile walk** \_\_\_\_\_ min. \_\_\_\_\_ sec. \_\_\_\_\_ HR

Measure a full mile course or use a one mile track. Walk one mile as quickly as you can without running and without undue stress. This is a submaximal test. Record your finish time to the nearest second and your final heart rate (taken immediately upon completing the mile). Take final heart rate for 10 seconds and multiple by 6.



**23. 1.5 Mile run** \_\_\_\_\_ min. \_\_\_\_\_ sec.

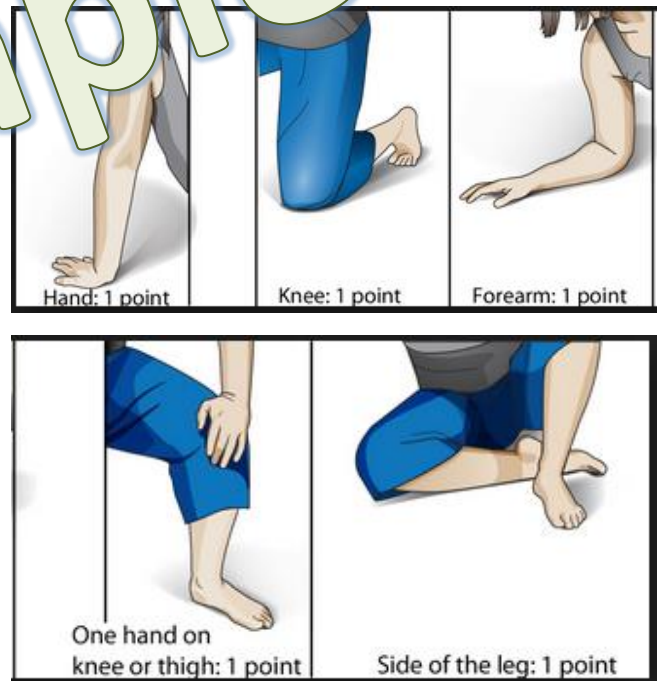
This test is only for people used to running races of 2 or more miles. On a running track, record your best time for a 1.5 mile run. Don't overdo.

**24. Known peak VO2** \_\_\_\_\_ METs

If you know your peak aerobic capacity from another fitness test, record it here. (Note: METS = VO2/3.5)

**25. Sit-and-Rise test score** \_\_\_\_\_ (0-10)

From a standing position, sit on a mat and rise again trying to avoid using your hands or other means of support. Start with 5 point for sitting and 5 for standing. Subtract one point each time you have to use a hand, knee, or foot to assist to sit or rise. Add both scores together for total score.



**For example.** When sitting, you use one hand and a knee to sit. Subtract 2 points. When rising you use a hand on the floor and one on your knee. Subtract 2 points. Total score = 3 + 3 or 6. Also subtract half a point if you lose your balance or can't do the sit or rise smoothly. Write total score above.