**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Course/Section:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FITNESSGRAM INITIAL ASSESSMENT SCORESHEET**

Enter Assessment Scores in your journal/log

Score Goal Healthy Fitness Zone

***Aerobic Capacity*:** Male Female

PACER (20m) or \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ >54 >38

1 Mile Run

***Body Composition*:**

Height/Weight \_\_\_\_\_\_\_ \_\_\_\_\_\_\_

BMI \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-18-25 F-18-25

\*misclassifies muscular

individuals

Body Fat \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-6-15% F-9-23%

***Muscular Endurance*:**

Curl ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-24+ F-18+

Trunk Lift (max 12”) \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-9-12” F-9-12”

Push ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-18+ F-7+

***Flexibility*:** R / L R / L

Sit-Reach (max 12”) \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-8-12” F-12”

Shoulder Stretch \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-Touch F-Touch

(Yes or No)

**NOTES:**

*Attach this sheet to your journal*

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Course/Section:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FITNESSGRAM POST ASSESSMENT SCORESHEET**

Enter Assessment Scores in your journal/log

Score Goal Healthy Fitness Zone

***Aerobic Capacity*:** Male Female

PACER (20m) or \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ >54 >38

1 Mile Run

***Body Composition*:**

Height/Weight \_\_\_\_\_\_\_ \_\_\_\_\_\_\_

BMI \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-18-25 F-18-25

\*misclassifies muscular

individuals

Body Fat \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-6-15% F-9-23%

***Muscular Endurance*:**

Curl ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-24+ F-18+

Trunk Lift (max 12”) \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-9-12” F-9-12”

Push ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-18+ F-7+

***Flexibility*:** R / L R / L

Sit-Reach (max 12”) \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-8”+ F-12”

Shoulder Stretch \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-Touch F-Touch

(Yes or No)

**NOTES:**

*Attach this sheet to your journal*

|  |  |  |  |
| --- | --- | --- | --- |
| **Healthy Fitness Zone-Fitnessgram Fitness Assessments** | | | |
| **Assessment** | **Area of HRF** | **Men** | **Women** |
| 20 meter Pacer | Aerobic Capacity | >54 laps | >38 laps |
| Mile Run/Walk | Aerobic Capacity | 7:00-8:30min | 8:00-10:00min |
| Curl-Ups | Muscular Endurance | 24-47 | 18-35 |
| Push-Ups | Mus. Endurance/Strength | 18-35 | 7-15 |
| Trunk Lift | Flexibility/Mus. Strength | 9-12 inches | 9-12 inches |
| Shoulder Stretch | Flexibility | Touch | touch |
| Sit and Reach | Flexibility | 8-12 inches | 12 inches |
| Body Fat | Body Composition | 6-15% (>24% Unhealthy) | 9-23% (>31% Unhealthy) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Aerobic/Cardio Respiratory Fitness Target Heart Rate Training Zone (60%-80%)** | | | | |
| **Age** | **Beats Per Min** | **Beats/15 sec** | **Max Heart Rate** | Target Heart Rate is a measure of the intensity of aerobic exercise. Exercise within this range to garner the benefits of aerobic exercise.  High intensity (>80% THR) exercise has been shown to burn calories (energy) at a high level for hours after, thus might be more beneficial for weight loss. |
| 17yrs old | 122-163 | 31-41 beats | 203bpm |
| 20yrs old | 120-160bpm | 30-40 beats | 200bpm |
| 25yrs old | 117-156bpm | 29-39 beats | 195bpm |
| 30yrs old | 114-152bpm | 28-38 beats | 190bpm |
| 40yrs old | 108-144bpm | 27-37 beats | 180bpm |
| 50yrs old | 102-136bpm | 26-36 beats | 170bpm |

|  |  |  |
| --- | --- | --- |
| **Body Mass Index (BMI)**  **Estimate of disease risk for overweight individuals**  \*misclassifies muscular individuals | | **Body Composition**  ratio of lean tissue to adipose tissue |
| **Classification** | **BMI (kg/meters2)** | HFZ Men: 6-15% |
| Underweight | <18.5 | HFZ Women: 9-23% |
| Normal | 18.5-24.9 |  |
| Overweight | 25-29.9 |  |
| Obesity (class I) | 30-34.9 |  |
| Obesity (class II) | 35-39.9 |  |
| Extreme Obesity (class III) | >39.9 |  |
| People who are overweight or obese are at higher risk for over 25 diseases such as cancer, stroke, heart  disease, hypertension, diabetes, high cholesterol and other leading causes of death/debilitation. | | |

|  |
| --- |
| **Muscular Strength/Endurance/Flexibility** |
| Decreases in flexibility, muscular endurance and muscular strength lead to a significant decrease in the ability to perform daily tasks as we age and increase the risks of injuries. |

*Additional Information* [*http://www.cdc.gov/*](http://www.cdc.gov/)[*http://www.cooperinstitute.org/healthyfitnesszone*](http://www.cooperinstitute.org/healthyfitnesszone)