

Name: _____ Date: _____

Course/Section: _____

FITNESSGRAM INITIAL ASSESSMENT SCORESHEET

Enter Assessment Scores in your journal/log

	Score	Goal	Healthy Fitness Zone	
			Male	Female
<i>Aerobic Capacity:</i>				
PACER (20m) or 1 Mile Run	_____	_____	>54	>38
<i>Body Composition:</i>				
Height/Weight	_____	_____		
BMI <small>*misclassifies muscular individuals</small>	_____	_____	M-18-25	F-18-25
Body Fat	_____	_____	M-6-15%	F-9-23%
<i>Muscular Endurance:</i>				
Curl ups	_____	_____	M-24+	F-18+
Trunk Lift (max 12")	_____	_____	M-9-12"	F-9-12"
Push ups	_____	_____	M-18+	F-7+
<i>Flexibility:</i>	R / L	R / L		
Sit-Reach (max 12")	_____	_____	M-8-12"	F-12"
Shoulder Stretch (Yes or No)	_____	_____	M-Touch	F-Touch

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	
			Male	Female
<i>Aerobic Capacity:</i>				
PACER (20m) or 1 Mile Run	_____	_____	>54	>38
<i>Body Composition:</i>				
Height/Weight	_____	_____		
BMI <small>*misclassifies muscular individuals</small>	_____	_____	M-18-25	F-18-25
Body Fat	_____	_____	M-6-15%	F-9-23%
<i>Muscular Endurance:</i>				
Curl ups	_____	_____	M-24+	F-18+
Trunk Lift (max 12")	_____	_____	M-9-12"	F-9-12"
Push ups	_____	_____	M-18+	F-7+
<i>Flexibility:</i>	R / L	R / L		
Sit-Reach (max 12")	_____	_____	M-8"+	F-12"
Shoulder Stretch (Yes or No)	_____	_____	M-Touch	F-Touch

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	<p>Target Heart Rate is a measure of the intensity of aerobic exercise. Exercise within this range to garner the benefits of aerobic exercise.</p> <p>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.</p>
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 <small>*misclassifies muscular individuals</small>		Body Composition ratio of lean tissue to adipose tissue
Classification	BMI (kg/meters2)	HFZ Men: 6-15% HFZ Women: 9-23%
Underweight	<18.5	
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.