



Data Results Sheet

NAME _____ DATE _____

1. Heart Rate

Resting Heart Rate (HR rest): _____

Estimated Heart Rate Max (HRmax): _____
[220-age] or if on *beta blocker medication* [162-(0.7 x age)]

2. Estimated Training Zones

Zone I: _____ to _____
[HRmax x 0.65 to 0.75]: If first-time exerciser use [HRmax x 0.50 to 0.65]

Zone II: _____ to _____
[HRmax x 0.80 to 0.85]

Zone III: _____ to _____ **ONLY** to be used by high level client or approved by physician
[HRmax x 0.86 to 0.90]

3. Blood Pressure

Systolic: _____

Diastolic: _____

4. BMI score: _____

weight (kg) / height (m²) or [weight (lbs) / height (inch²)] x 703

5. Body Fat

Biceps: _____ Triceps: _____ Subscap: _____ Iliac: _____ Total: _____

6. Circumference Measurements

Neck: _____ Chest: _____ Waist: _____ Hips: _____ Thigh: _____

Calves: _____ Biceps: _____ Forearm: _____

7. Cardio Assessments

Step Test

VO₂ score: _____ Rating: _____ Beginning Zone: _____ Stage: _____

$$\frac{\text{Duration of exercise (sec)} \times 100}{\text{Recovery pulse} \times 5.6} = \text{CV efficiency}$$

Rockport Walk Test

VO₂ score: _____ Rating: _____ Beginning Zone: _____ Stage: _____

$$132.853 - (0.0769 \times \text{weight}) - (0.3877 \times \text{age}) \\ + (6.315 \times 1 \text{ for men or } + (6.315 \times 0) \text{ for women}) \\ - (3.2649 \times \text{time in minutes}) - (0.1565 \times \text{heart rate}) = \text{VO}_2 \text{ score}$$



8. Movement Assessments

Overhead Squat

View	Kinetic Chain Checkpoint	Movement Observation	Left	Right
Anterior	Feet	Turn out		
	Knees	Move inward		
Lateral	Lumbo-pelvic-hip complex	Excessive forward lean		
	Lumbo-pelvic-hip complex	Low back arches		
	Shoulder complex	Arms fall forward		

Single-leg Squat

View	Kinetic Chain Checkpoint	Movement Observation	Left	Right
Anterior	Knee	Moves Inward		

Pushing/Pulling

Kinetic Chain Checkpoints	Movement Observation	Yes
Lumbo-pelvic-hip complex	Low back arches	
Shoulder complex	Shoulders elevate	
Head	Head protrudes while pushing	

Muscles to be Stretched:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Exercises to be Used:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.