

Fitness Assessment

Components of a fitness assessment might included bicycle ergometry; weight and skin fold measurements; and /or measurement of maximum bench or leg press, number of sit-ups per minute, hand grip strength, vertical jump, agility, and flexibility (sit and reach). Such tests will show where the patient is at the start of a program in terms of physical fitness as far as can be determined by a limited number of tests. After a period of time this fitness assessment could be repeated. Follow up evaluations present a good opportunity for the patient to see how much they have improved and for the student physician to fine tune the fitness portion of the wellness prescription.

Fitness Comparison

Calculated Maximum Heart Rate* _____

Calculated Target Heart Rate for Aerobic Training* _____

Evaluations	Date #1	Date #2
Height*		
Weight*		
Heart Rate (resting)*		
Blood Pressure*		
Skin Fold		
Sit and Reach (cm to toes)		
Vertical Jump		
Quad Jump		
Sit-Ups/Min.		
Cycle Ergometer		
Grip Strength		
Bench Press		
ISO-Balance Leg Press		
Other Tests:		

***Required**