

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
[HRMAX X 0.86 TO 0.90] APPROVED BY PHYSICIAN

3. BLOOD PRESSURE

SYSTOLIC: _____

DYASTOLIC: _____

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: _____

DURATION OF EXERCISE (SEC) X 100 = CV EFFICIENCY
RECOVERY PULSE X 5.6

ROCKPORT WALK TEST

VO₂ SCORE: _____ RATING: _____ BEGINNING ZONE: _____

132.853 - (0.0769 X WEIGHT) - (0.3877 X AGE)
+ (6.315 X 1 FOR MEN OR + (6.315 X 0) FOR WOMEN
- (3.2649 X TIME IN MINUTES) - (0.1565 X HEART RATE) = VO2 SCORE

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8. MOVEMENT ASSESSMENTS
OVERHEAD SQUAT

VIEW	KINETIC CHAIN CHECKPOINTS	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 CHECKPOINTS	MOVEMENT OBSERVATION	LEFT	RIGHT
ANTERIOR	KNEES	MOVE 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 _____
- 7 _____

EXERCISES TO BE USED:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

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