

Simple Evaluation Data Sheet

Name	
Date	
Age	
Weight	
Height	
Resting heart rate	
Aerobic	
Met @ RPE of 13	
or	
One mile walk minutes	
One mile walk heart rate	
Muscular Endurance	
Step ups	
Sit ups	
Push ups	
Sidebridge (secs)-right	
Sidebridge (secs)-left	
Strength	
Squat Weight	
Squat Reps	
Arm Curl Weight	
Arm Curl Reps	
Bench Press Weight	
Bench Press Reps	

Flexibility (describe)	
Neck	
Shoulder	
Lower back	
Knees	
Hips	
Body Composition	
Waist inches	
Buttock inches	

Above Average Muscular Endurance Scores

Men	Ages	20-29	30-39	40-49	50-59
Pushups		29-35	22-29	17-21	13-20
Sit ups		37-42	31-35	26-30	22-25
Step ups		50-55	47-50	42-47	35-42
Women	Ages	20-29	30-39	40-49	50-59
Pushups		21-29	20-26	15-23	11-20
Sit ups		31-35	24-28	20-24	12-18
Step ups		48-50	45-48	40-45	33-40

Risk Stratification / Waist Circumference Inches

	Men	Women
Very Low	< 31.5	< 28.5
Low	31.5-39	28.5-35
High	39.5-47	35.5-43
Very High	>47	>43

Waist to Hip Ratios and Health Risks

Classification	Men	Women
High risk	> 1.0	> .85
Moderately high risk	0.90-1.0	0.80-0.85
Lower risk	< 0.9	< 0.80

Aerobic Capacity Classification

Women	Ages	Poor	Fair	Good	Excellent	Superior
	25	<31	34	36	39	> 42
	35	<29	31	34	37	>37
	45	<27	29	32	35	>37
	55	<24	26	28	31	>33
Men	Ages	Poor	Fair	Good	Excellent	Superior
	25	<37	39	43	47	>49
	35	<35	37	41	45	>48
	45	<33	35	39	42	>45
	55	<30	33	36	40	>42

VO₂ Max Scores ml/kg/min