

# Initial Assessment



Name: \_\_\_\_\_

Participant Details	Date/Time	Date/Time	Date/Time	Date/Time	Date/Time
Age					
Weight (lbs)					
Height					
% of Body Fat					
BMI = wt (lbs) / ht (In squared) x 703 Healthy range: 18.5 - 24.9)					
Blood Pressure					
Resting Heart Rate					
Training HR Zone 220-age-RHR x 60% + RHR					
<b>Measurements</b>					
Upper Chest (armpit line)					
Mid chest (nipple line)					
Upper waist (5 cm above navel)					
Waist (navel)					
Lower waist (5cm below navel)					
Hips (where buttocks protrude)					
Thigh (top R – where buttocks end and thigh begins)					
Mid thigh (R) ___cm above kneecap					
Thigh (top L)					
Mid thigh (L) ___cm above kneecap					
Waist to Hip Ratio (waist / hip)					
<b>Picture</b> (___feet away) Front, side and back					