



WEIGHT MANAGEMENT & FITNESS TESTING FEEDBACK FORM & PROGRESS CHARTS

Our clients have indicated that seeing their fitness relative to peers and reviewing multi-component outcomes over time has been beneficial. The Fitness Testing Feedback Form on the next page is intended to be used at each fitness test performed by Kirk Emry Fitness to provide feedback to the client relative to his or her peers. The client charts on the two pages following are intended for use as a progress tracking mechanism to be kept in the client's main folder and reviewed monthly with the trainer to determine if program adjustments are needed.

Client's Name

Date of Assessment

Trainer's Name

Today, we conducted several tests to evaluate your health risk and physical fitness. Below you will find scores that provide feedback on each of these tests. The fitness testing results provide information on your levels of cardiovascular (aerobic) fitness, muscular strength and endurance, and flexibility. These measures, in combination with your health and medical history, give us a sense of your overall conditioning, and help us set up a program tailored to your needs and fitness goals. These tests are administered periodically throughout the program to chart your progress.

Please be sure to ask us if you don't understand any of the information we provide today.

Resting Blood Pressure: _____

Rating: Normal Pre-hypertensive Hypertensive

Body Fat Percentage: _____

Rating: Poor Below average Average Above average

CARDIOVASCULAR FITNESS

Cardiovascular fitness is the ability to perform moderate-to-high intensity exercise for prolonged periods. Low levels of cardiovascular fitness are associated with ill health, but can be improved with habitual physical activity, resulting in decreased risk for cardiovascular disease and mortality.

Name of Cardiovascular Test Completed

Score(s) on This Test

Overall Rating of Cardiovascular Fitness

Well below average Below average Average Above average Well above average

FLEXIBILITY

Flexibility is the ability to move a joint through its complete range of motion, and facilitates movement and the performance of physical activity and daily activities.

Name of Flexibility Test Completed

Score(s) on This Test

Overall Rating of Flexibility

Needs improvement Fair Good Very good Excellent

MUSCULAR STRENGTH AND ENDURANCE

Muscular strength and endurance are the ability of a muscle to exert force and to execute repeated contractions over a period of time. Muscular strength and endurance are associated with improvements in: bone density & osteoporosis, glucose tolerance & type 2 diabetes, low back pain, obesity, balance, and quality of life.

Name of Muscle Strength Test Completed

Score(s) on This Test

Overall Rating of Muscle Strength

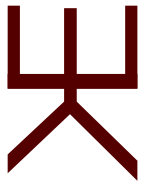
Well below average Below average Average Above average Well above average

Name of Muscle Endurance Test Completed

Score(s) on This Test

Overall Rating of Endurance Strength

Needs improvement Fair Good Very good Excellent



KIRK EMBRY
FITNESS

**WEIGHT MANAGEMENT CHART:
PHYSICAL MEASURES**

Client's Name _____ Gender _____ Height (ft) _____ (in) _____ Date _____

| | Baseline | M1 | M2 | M3 | M4 | M5 | M6 | M7 | M8 | M9 | M10 | M11 | M12 | M13 |
|-------------------------------|----------|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|
| Vital signs | | | | | | | | | | | | | | |
| Resting heart rate | | | | | | | | | | | | | | |
| Blood pressure | | | | | | | | | | | | | | |
| Body composition | | | | | | | | | | | | | | |
| Weight | | | | | | | | | | | | | | |
| Body mass index | | | | | | | | | | | | | | |
| Body fat % | | | | | | | | | | | | | | |
| Body measurements (in) | | | | | | | | | | | | | | |
| Waist | | | | | | | | | | | | | | |
| Hips/buttocks | | | | | | | | | | | | | | |
| Abdomen | | | | | | | | | | | | | | |
| Arm | | | | | | | | | | | | | | |
| Calf | | | | | | | | | | | | | | |
| Forearm | | | | | | | | | | | | | | |
| Chest | | | | | | | | | | | | | | |
| Mid-thigh | | | | | | | | | | | | | | |
| Behavioral measures | | | | | | | | | | | | | | |
| Gym visits | | | | | | | | | | | | | | |
| Food log days | | | | | | | | | | | | | | |

Client's Name _____ Gender _____ Height (ft) _____ (in) _____ Date _____

| | Baseline | Percentile or Classification | M3 | Percentile or Classification | OPTIONAL | | Percentile or Classification | M13 | Percentile or Classification |
|--|----------|------------------------------|----|------------------------------|----------|----|------------------------------|-----|------------------------------|
| | | | | | M6 | M9 | | | |
| Cardiovascular Fitness | | | | | | | | | |
| YMCA steps | | | | | | | | | |
| YMCA post-test HR | | | | | | | | | |
| Six-minute walk distance (ft) | | | | | | | | | |
| Time on test | | | | | | | | | |
| Est. VO ₂ max OR peak VO ₂ | | | | | | | | | |
| Flexibility | | | | | | | | | |
| Sit-and-reach (in) | | | | | | | | | |
| Muscle Strength/Endurance | | | | | | | | | |
| 1-RM leg press weight (lbs) | | | | | | | | | |
| 1-RM leg press ratio | | | | | | | | | |
| 1-RM bench press weight (lbs) | | | | | | | | | |
| 1-RM bench press ratio | | | | | | | | | |
| Push-ups in 1 minute | | | | | | | | | |
| Sit-ups in 1 minute | | | | | | | | | |