APPENDIX B: Weight Management Assessment Data Results Sheet

NAME:_____ DATE:_____

1. Heart Rate
Resting Heart Rate (HRrest):_____

Estimated Heart Rate Max (HRmax):_____
[220-age] or if on *beta blocker medication* [162 x (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 approved by physician
[HRmax X 0.86 to 0.90]

3. Blood Pressure
Systolic:_____
Diastolic:_____

4. BMI score:_____
weight (kg or lbs) / height (m^2 or in^2)
See APPENDIX F

5. Body Fat
Biceps:_____ Triceps:_____ Subscap:_____ Iliac:_____ TOTAL:_____
See Appendix C

6. Circumference Measurements
Neck:_____ Chest:_____ *Waist:_____ Hips:_____ *Thigh:_____ Calves:_____

Biceps:_____ *Forearm:_____

Body Fat Calculation using circumference:
Waist constant + Thigh constant – Forearm constant – age correction (See Appendix D)

7. Cardio Assessments
Rockport Walk Test
VO$_2$ score:_____ Rating:_____ Beginning Zone:_____ Stage:_____

$$132.853 - (0.0769 \times weight) - (0.3877 \times age)$$
$$+ (6.315 \times 1) \text{ for men or } + (6.315 \times 0) \text{ for women}$$
$$- (3.2649 \times \text{time in minutes}) - (.1565 \times \text{heart rate})$$
$$= VO_2 \text{ score}$$

8. Movement Assessments

Overhead Squat

View	Kinetic Chain Checkpoints	Movement Observation	Right	Left
Anterior	Feet	Turns out		
	Knees	Moves inward		
		Moves outward		
Lateral	Lumbo-pelvic-hip complex	Excessive forward lean		
		Low back arches		
		Low back rounds		
	Shoulder-cervical complex	Arms fall forward		
Posterior	Feet	Heel of foot rises		
		Foot flattens		
	Lumbo-pelvic-hip complex	Asymmetrical weight shift		
	Shoulder-cervical complex	Shoulder elevates		

Single-leg Squat

View	Kinetic Chain Checkpoints	Movement Observation	Right	Left
Anterior	Foot	Foot flattens		
	Knee	Moves inward		
		Moves outward		
	Lumbo-pelvic-hip complex	Lateral hip shift		

Pushing/Pulling

Kinetic Chain Checkpoints	Movement Observation	Right	Left
Feet	Turns out		
Knees	Moves inward		
	Moves outward		
Lumbo-pelvic-hip complex	Low back arches		
	Low back rounds		
Shoulder complex	Shoulders elevate		
Head	Head protrudes while pushing		

Muscles to be Stretched:

1.
2.
3.
4.
5.
6.

Exercises to be Used:

1.
2.
3.
4.
5.
6.