

Name: \_\_\_\_\_ Lab # and Instructor: \_\_\_\_\_/\_\_\_\_\_

<u>Date</u>	<u>Pre-Test Data</u>	<u>Score</u>
_____	Resting Heart Rate (b/p/min.)	_____
_____	Blood Pressure (Systolic/Diastolic)	_____/____
_____	Cardiorespiratory Exercise Test Time (minutes: seconds)	_____
	Converted Max $\dot{V}O_2$ Score	_____
_____	8"Step Test Recovery Time (30 seconds)	_____
_____	Grip Strength (3 trials average for r/l hands, add both x 2.2)	_____
_____	Sit – Ups (1 minute)	_____
_____	Push – Ups (1 minute)	_____
_____	Sit & Reach (Flexibility)	_____
_____	Body Composition (Skinfold/BMI)	_____/____
_____	Height/Weight	_____/____

<u>Date</u>	<u>Post-Test Data</u>	<u>Score</u>
_____	Resting Heart Rate (b/p/min.)	_____
_____	Blood Pressure (Systolic/Diastolic)	_____/____
_____	Cardiorespiratory Exercise Test Time (minutes: seconds)	_____
	Converted Max $\dot{V}O_2$ Score	_____
_____	8"Step Test Recovery Time (30 seconds)	_____
_____	Grip Strength (3 trials average for r/l hands, add both x 2.2)	_____
_____	Sit – Ups (1 minute)	_____
_____	Push – Ups (1 minute)	_____
_____	Sit & Reach (Flexibility)	_____
_____	Body Composition (Skinfold/BMI)	_____/____
_____	Weight	_____

Typical number of days per week that you engage in a planned exercise routine (including PED 100) \_\_\_\_\_

Name: \_\_\_\_\_ Lab # and Instructor: \_\_\_\_/\_\_\_\_

Typical number of days per week that you engage in a planned exercise routine (including PED 100) \_\_\_\_\_