

Name: **Sample Man**

Male, 47.9 years

The Heart Place

Health Counselor's Report

Measurements	Goal	08/29/1993	Comments
Height (in)		73.00	
Weight (lb)		225.00	
Waist (in)		38.0	
Hip (in)		40.0	
Waist/Hip Ratio		0.95	
Blood Pressure (mmHg)		145/ 95	
Resting HR		74	
Maximum HR		187	

Aerobic Fitness	Goal	08/29/1993	Comments
Aerobic Capacity		33.0	
Classification		Poor	

Body Composition	Goal	08/29/1993	Comments
% Body Fat		34.5	
Classification		Very Poor	
Fat Weight (lb)		77.63	
Lean Weight (lb)		147.38	
BMI		29.7	

Muscular Fitness	Goal	08/29/1993	Comments
Situps		Poor	
Pushups		Poor	
Leg Press		Very Poor	
Grip Strength		Good	

Flexibility	Goal	08/29/1993	Comments
Sit and Reach		Fair	

Custom Fields	Goal	08/29/1993	Comments
Wall Sit		14.000	
Wall Sit			
L. Arm Girth		13.500	
L. Arm Girth			
Hamstring ROM		60.000	
Hamstring ROM		Poor	
Arm Curl		33.000	
Arm Curl		Very Poor	
Forced Vital Cap.		4.000	
Forced Vital Cap.		Good	

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Health Counselor's Report ... continued

Custom Fields	Goal	08/29/1993	Comments
Overall Strength Ind		40.000	
Overall Strength Ind		Fair	
Overall Edurance Ind		35.000	
Overall Edurance Ind		Fair	
Overall Flexibility		50.000	
Overall Flexibility		Fair	
Overall Fitness		35.000	
Overall Fitness		Poor	
Rear Delt		20.000	
Rear Delt		Fair	