

Name: **Sample Man**

Male, 53.9 years

The Heart Place

Health Counselor's Report

Measurements	Goal	08/26/1999	08/29/1993	Comments
Height (in)		75.00	73.00	
Weight (lb)		180.00	225.00	
Waist (in)		38.0	38.0	
Hip (in)		36.0	40.0	
Waist/Hip Ratio		1.06	0.95	
Blood Pressure (mmHg)		120/ 80	145/ 95	
Resting HR		55	74	
Maximum HR		171	187	

Aerobic Fitness	Goal	08/26/1999	08/29/1993	Comments
Aerobic Capacity		44.7	33.0	
Classification		Superior	Poor	

Body Composition	Goal	08/26/1999	08/29/1993	Comments
% Body Fat		16.1	34.5	
Classification		Superior	Very Poor	
Fat Weight (lb)		28.98	77.63	
Lean Weight (lb)		151.02	147.38	
BMI		22.5	29.7	

Muscular Fitness	Goal	08/26/1999	08/29/1993	Comments
Bench Press			Very Poor	
Situps		Superior	Poor	
Pushups		Superior	Poor	
Leg Press		Superior	Very Poor	
Grip Strength		Superior	Good	

Flexibility	Goal	08/26/1999	08/29/1993	Comments
Sit and Reach		Superior	Fair	

Custom Fields	Goal	08/26/1999	08/29/1993	Comments
Wall Sit		15.000	14.000	
Wall Sit				
L. Arm Girth		0.000	13.500	
L. Arm Girth				
Hamstring ROM		0.000	60.000	
Hamstring ROM			Poor	
Arm Curl		50.000	33.000	
Arm Curl		Good	Very Poor	
Forced Vital Cap.		0.000	4.000	

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Health Counselor's Report ... continued

Custom Fields	Goal	08/26/1999	08/29/1993	Comments
Forced Vital Cap.			Good	
Overall Strength Ind		0.000	40.000	
Overall Strength Ind			Fair	
Overall Edurance Ind		0.000	35.000	
Overall Edurance Ind			Fair	
Overall Flexibility		0.000	50.000	
Overall Flexibility			Fair	
Overall Fitness		0.000	35.000	
Overall Fitness			Poor	
Rear Delt		0.000	20.000	
Rear Delt			Fair	