



## Know Your Numbers : Health & Fitness Profile

Please answer the following questions:

- How many minutes per day do you get moderate or intense physical activity? \_\_\_\_\_ (min)  
(ex. walking briskly or jogging, biking, water aerobics or swimming laps, weight lifting, high impact aerobics)
- How many days in a typical week do you perform activity such as this? \_\_\_\_\_ (days)
- How many mornings per week do you eat breakfast? \_\_\_\_\_ (days/wk)
- How many hours of sleep do you currently get a night? \_\_\_\_\_ (hrs.)
- Stress can range from minor annoyances to fairly major pressures, problems or difficulties. How effective are you at dealing with stress in your life? \_\_\_\_\_ (scale 0-10)

Your Resting Heart Rate is \_\_\_\_\_ bpm

Normal range is 60-80 bpm

\*Your Blood Pressure is \_\_\_\_\_ mg/dL

Blood Pressure	Status
< 120/80	Normal
120-139 / 80-89	Borderline-high
140-159 / 90-99	High
> 160 / >100	Very high

\*Your Flexibility scores are:

\_\_\_\_\_ 1st / \_\_\_\_\_ 2nd / \_\_\_\_\_ 3rd  
Flexibility Level \_\_\_\_\_

Weight \_\_\_\_\_ lb Height \_\_\_\_\_ in

\*Your Body Mass Index (BMI) is \_\_\_\_\_

BMI	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25.0-29.9	Overweight
30.0 and above	Obese

\*Your Body Fat is \_\_\_\_\_ %

Body Ranges	Women	Men
Normal	15-25.0%	10-20%
Mild Risk	25.1-35.0%	20.1-30.0%
High Risk	>35.1%	>30.1%

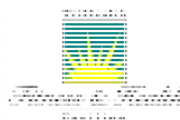
### Flexibility for Males (in.)

AGE	14-29	30-39	40-49	50-59	60+
Excellent	>21.0	>20.0	>19.25	>18.25	>18.0
Good	20.0 – 21.0	19.0 – 20.0	18.0 – 19.25	17.0 – 18.25	16.5 – 18.0
Average	17.5 – 19.75	16.5 – 18.75	15.25 – 17.75	14.5 – 16.75	13.5 – 16.25
Fair	15.5 – 17.25	14.5 – 16.25	13.25 – 15.0	12.0 – 14.25	11.25 – 13.25
Poor	<15.5	<14.5	<13.25	<12.0	<11.25

### Flexibility for Females (in.)

AGE	14-29	30-39	40-49	50-59	60+
Excellent	>23.0	>22.0	>21.25	>21.0	>19.5
Good	22.0 – 23.0	21.0 – 22.0	20.0 – 21.25	20.0 – 21.0	18.0 – 19.5
Average	20.0 – 21.75	19.0 – 20.75	18.0 – 19.75	17.75 – 19.75	16.5 – 17.75
Fair	18.25 – 19.75	17.25 – 18.75	16.5 – 17.75	15.5 – 17.5	14.5 – 16.25
Poor	<18.25	<17.25	<16.5	<15.5	<14.5

\*Improvement in any of these categories = 20 wellness improvement signatures (participant must also obtain 5 education or event signatures)



Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Staff Init. \_\_\_\_\_