

**POWER STANDARD 4: I Am Fit****FITNESS PROFILE**

Name: \_\_\_\_\_

**Part I: Measurements**

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Circumference**

Arm: \_\_\_\_\_

Thigh: \_\_\_\_\_

Torso: \_\_\_\_\_

**Skinfold Measurements**

Thigh: \_\_\_\_\_ mm

Triceps/chest: \_\_\_\_\_ mm

Hips/abdomen: \_\_\_\_\_ mm

Sum of skinfolds: \_\_\_\_\_ mm

**Heart Rate**

Systolic: \_\_\_\_\_

Diastolic: \_\_\_\_\_

Pulse rate: \_\_\_\_\_

**Body Type**

Circle your wrist circumference.

	Men	Women
Small frame	6.5 in. (16.5 cm) or less	5.5 in. (13.9 cm) or less
Medium frame	6.75-7.25 in. (17.1-18.4 cm)	5.75 in. (14.6 cm)
Large frame	7.5 in. (19.1 cm) or more	6 in. (15.2 cm) or more

**Part II: Personal History**

Please share if there is a history in your family of heart disease, high blood pressure, high cholesterol, diabetes, cancer, obesity, and so on.

**Part III: Fitness Questionnaire**

What exercises do you perform on a consistent routine (at least three times a week)?

What is your personal fitness level?

What are the positive benefits you get out of exercising?

What problems or complications do you have when exercising—why might you not like exercising?

What motivates you to exercise?