

Report of Body Composition and Fitness

Health & Biology – Mr. Schmickrath

Name: _____ Period: _____

1. My Weight: _____ My Height: _____ **My Ideal Weight:** _____ (from table)(20 pts)

2. Pounds over/under my Ideal: _____ (Weight minus Ideal Weight) (5 pts)

3a. My Fat Percent: _____ (from Machine 5 pts; Fat Calipers 10 pts; Combination of the two 15 pts)

3b. Skin Folds from Calipers - Girls: Supra-Iliac _____ Triceps _____ Boys: Sub-Scapular _____ Thigh _____

4. My Ideal Weight Without Fat: _____ (Ideal times .87 Boys; .80 Girls) (5 pts)

5. Total Pounds of Fat I Have: _____ (Weight times Fat Percent) (10 pts)

6. Total Pounds of Fat I Should Have Max: _____ (Weight times .13 Boys; .20 Girls) (5 pts)

7. Total Pounds Excess Fat I Have: _____ (Line 5 minus Line 6) (10 pts)

8. Total Calories needed to burn my excess Fat: _____ (Line 7 times 3,500) (5 pts)

9. Total Miles needed to burn my fat: _____ (Line 8 divided by 25) (5 pts)

10. Heart Rate: _____ Systolic B.P.: _____ Diastolic B.P.: _____ (machine 10 points)

11. Percentile Rankings: Heart Rate: _____ Systolic: _____ Diastolic: _____ (from table 10 pts)

12. Heart Rate from Step Test: _____ (count 15 seconds, multiply by 4) (15 pts)

13. Fitness Category from Heart Rate from Step Test: _____ (from chart) (10 pts)