

Data Entry for the HFAC Fitness Test Protocol

Class Section #: _____, _____ Age: _____ Gender: Male Female

Name: _____ Date of Birth: ____/____/____

Email (Required): _____

Date of Pre-test: _____

Date of Post-test: _____

Weight

Pre-test Body Weight: _____ lbs

Post-test Body Weight: _____ lbs

Tanita Body Composition

Pre-test Fat%: _____

Post-test Fat%: _____

Cardio Endurance

3 Min Step Test

Pre-test Recovery HR: _____

Post-test Recovery HR: _____

Push-Up Test

Pre-test Pushups: _____

Post-test Pushups: _____

Reebok Curl-up Test

Pre-test Crunch: _____ reps

Post-test Crunch: _____ reps

Sit-Reach / Hip Flexion

Pre-test Sit & Reach: _____

Post-test Sit & Reach: _____

Blood Pressure Station

Pre-test Systolic: _____

Diastolic: _____

Pulse: _____ bpm

Post-test Systolic: _____

Diastolic: _____

Pulse: _____ bpm

**Please Staple
Tanita Ticket
here!**