

Women's Fitness Assessment

Name: _____

Date: _____

Height: _____

Age: _____

Weight: _____

Resting Metabolic Rate

Height, Age, Weight Formula: _____

Body Composition Formula: _____

Combined (avg) Formula RMR: _____

Body Fat Percentage

Body Fat %: _____

Women - Age	Superior	Excellent	Good	Fair	Unhealthy	Risk
20-29	5-16%	17-20%	21-23%	24-27%	28-32%	33-41%
30-39	7-17%	18-21%	22-24%	25-28%	29-33%	34-41%
40-49	11-20%	21-24%	25-27%	28-31%	32-36%	37-46%
50-59	12-24%	25-27%	28-31%	32-34%	35-38%	39-51%
60+	15-24%	25-29%	30-32%	33-37%	38-40%	41-47%

Sit-Up Test

Knees up, feet flat on floor, back flat on ground. Client puts hands at mid thigh level and crunches up until hands are on knees, then returns to starting position. Test is either to failure or 1 minute, whichever comes first.

Sit-ups: _____

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above Avg	33-36	29-32	23-26	18-21	13-17	14-16
Avg	29-32	25-28	19-22	14-17	10-12	11-13
Below Avg	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<20	<7	<5	<3	<2

Push Up Test

Knees on the ground is accepted and the usual test method for women. Test is for 1 minute or to failure, whichever come first.

Push Ups:

Age	17-19	20-29	30-39	40-49	50-59	60+
Excellent	>35	>36	>37	>31	>25	>23
Good	27-35	30-36	30-37	25-31	21-25	19-23
Above Avg	21-27	23-29	22-30	18-24	15-20	13-18
Avg	11-20	12-22	10-21	8-17	7-14	5-12
Below Avg	6-10	7-11	5-9	4-7	3-6	2-4
Poor	2-5	2-6	1-4	1-3	1-2	1
Very Poor	0-1	0-1	0	0	0	0

Sit and Reach Test

Sit up on the floor, legs straight (about 6 inches apart), hands together, stretch as far forward as possible. Measure from fingertips to the bottom of shoes.

Sit & Reach:

	Centimeters
Super	>+30
Excellent	+21 to +30
Good	+11 to +20
Average	+1 to +10
Fair	-7 to 0
Poor	-14 to - 8
Very poor	<-15