

Helene Sallerson's

HEALTH & FITNESS

Date: _____

INITIAL CONSULTATION FORM

Name: _____ Age: _____

Ht: _____ Wt: _____

Resting Blood Pressure [BP]

120/80 = Average
140/90 = Borderline High
90/60 = Borderline Low

R ARM	L ARM
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Predicted Max Heart Rate [HRMax]

bpm

Resting Heart Rate [RHR]

bpm

Target Heart Rate [THR]

bpm

Body Composition [% body fat]

Arm _____
Back _____
Hip/Waist _____
Leg _____

Raw Score	% Rank
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Flexibility Test

Raw Score	% Rank
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Other Tests

Sit ups:	Strength:
Push ups	Cardio:
Measurements:	

Goal Setting