


PART III - OBJECTIVE MEASURES

PARTICIPANT NUMBER

	Participant id
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SESSION NUMBER

	Session number
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ASSESSMENT DATE

	mm/dd/yyyy
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BLOOD PRESSURE

SYSTOLIC

	In mmHg
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DIASTOLIC


	In mmHg
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ANTHROPOMETRIC MEASURES


HEIGHT

	In cm EX: 1.75
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WEIGHT

	In KG EX: 65.5
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BMI

	In KG EX: 65.5
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%FAT

	In % EX: 65.5
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PERIMETERS


WAIST

	In cm EX: 42.4
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HIP

	In cm EX: 42.4
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RATIO W TO H

	In cm EX: 42.4
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FITNESS MEASSURES

HANDGRIP DOMINANCE 1- Right 2- Left**Right: 1°**

	In Kg EX: 22.4
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Right: 2°

	In Kg EX: 22.4
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Right: 3°

	In Kg EX: 22.4
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Left: 1°

	In Kg EX: 22.4
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Left: 2°

	In Kg EX: 22.4
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Left: 3°

	In Kg EX: 22.4
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CHAIR STAND TEST (N° OF REPETITIONS)

	n° of repetitions
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WALK TEST (6 MINUTES)

	In meters
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CHAIR SIT AND REACH TEST

	In cm Ex: 10.3
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UP AND GO TEST

	In seconds
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SHOULDER FLEXIBILITY

	Ex: -1 or 2
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Send 
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