|  |  |
| --- | --- |
| Instructor |  |
| Patient Name |  |
| Age |  |
| Height |  |
| Weight |  |
| Gender |  |
| Patient Phase |  |
| Location |  |
| Date |  |
| Assessment Type (First/Re-Assessment) |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Week of Training | Target Intensity | Target Heart Rate (BPM) | RPE |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| 8 |  |  |  |
| 9 |  |  |  |
| 10 |  |  |  |
| 11 |  |  |  |
| 12 |  |  |  |

|  |  |  |
| --- | --- | --- |
| Goals | First Assessment | Re-Assessment |
| **Body Fat %** | *-1 %* | *-1 %* |
| **Predicted Vo2 Max** | (+) 3 ml/kg/min | (+) 4 ml/kg/min |
| **Right Handgrip** | Average Category | Average Category |
| **Left Handgrip** | Average Category | Average Category |
| **Curl-Up** | (+) 6 Reps | (+) 11 Reps |
| **Sit and Reach** | (+) 0.5 in | (+) 1 in |
| **BIA** | *-1%* | *-1%* |
| **BMI** | *(+1) OR (-1) Dependent on current status* | *(+1) OR (-1) Dependent on current status* |
| **Get up and Go** | *Normal Step Pattern* | *Normal Step Pattern* |
| **3-minute Step Test** | *Refer to Norms Chart* | *Refer to Norms Chart* |
| **60 Second Squat Test** | *(+) 6 Reps* | *(+) 11 Reps* |
| **30 Second Arm Curl** | *(+) 6 Reps* | *(+) 11 Reps* |
| **Chair Sit and Reach** | *(+) .5 in* | *(+) 1 in* |

|  |  |  |  |
| --- | --- | --- | --- |
| Body Composition | Score | Rating | First or Re-Assessment Goals |
| Skinfold |  |  |  |
| BIA |  |  |  |
| BMI |  |  |  |
| Muscular Strength |  |  |  |
| Dynamometer (highest value) |  | Rt Side |  | Rt Side |  | Rt Side |
|  | Lt Side |  | Lt Side |  | Lt Side |
| Cardiovascular Fitness |  |  |  |
| Treadmill |  | ml/kg/min |  |  | ml/kg/min |
| Get up and Go |  | Time |  |  | Time |
| 3-Minute Step Test |  | BPM |  |  | BPM |
| Muscular Endurance |  |  |  |
| Curl-Up Test |  | Reps |  |  | Reps |
| 30-Second Arm Curl |  | Reps |  |  | Reps |
| 60-Second Squat Test |  | Reps |  |  | Reps |
| Flexibility |  |  |  |
| Sit and Reach |  | inches |  |  | inches |
| Chair Sit and Reach |  | inches |  |  | inches |