

# *Affinity Health & Wellness Living Well Body Assessment Form*

1<sup>ST</sup>                      2<sup>nd</sup>                      Dates

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## FLEXIBILITY ASSESSMENT

Sit and Reach Test – Trunk Flexion  
(Seated legs extended, measure best of three attempts to reach yard stick)

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## FUNCTIONAL ASSESSMENT

Single Leg Standing                      Left

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(30 seconds)                                      Right

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## MUSCULAR STRENGTH AND ENDURANCE

Push-up Test – Upper Body Endurance

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## AEROBIC ASSESSMENT

Resting Heart Rate / Pulse

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Exercise Heart Rate

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## BODY COMPOSITION ASSESSMENT

Height

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Weight

\_\_\_\_\_

Blood Pressure    Systolic/Diastolic

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Male

Neck

\_\_\_\_\_

Abdomen

\_\_\_\_\_

Female

Neck

\_\_\_\_\_

Triceps

\_\_\_\_\_

Hips

\_\_\_\_\_

BMI

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