PWP Online Assessment Data Sheet

Name: _____ **USER ID:** _____ **Date:** _____

GROUP CODE: _____ **PASSWORD:** _____

1. Age: _____ **(years)** **2. Height:** _____ **(ft/in)** **3. Weight:** _____ **(lbs)**

4. Resting Heart Rate (*Use middle & index fingers*): _____ **(Normal is between 60 & 80 beats per minute)**

5. Frame Size:

Using your thumb and middle finger, wrap them around the wrist of your dominant hand, (over the little boney-bump).

- **SMALL:** If your middle finger and thumb overlap.
- **MEDIUM:** If thumb and middle finger just touch.
- **LARGE:** If thumb and middle finger do not meet at all.

6. Resting Blood Pressure: _____

For ages 20+: **Excellent** <=115/75; **Doing Well** 116-119/76-79; **Increased Risk** 120-139/80-89; **Caution** >= 140/90

For < age 20: **Excellent** =112/70; **Doing Well** 113-119/71-79; **Increased Risk** 120-131/80-85; **Caution** >= 132/86

7. Waist-Hip Measurement*: **Waist:** _____ **(in)** **Hip:** _____ **(in)** ***record to nearest tenth of an inch**

Waist Girth	Men	Women
High Risk	*>= 40 in.*	*>=35 in.*

8. Body Composition (Skin fold Measurement):

Men: **Chest** _____ **Abdomen** _____ **Thigh** _____ **Sum =** _____

Women: **Triceps** _____ **Iliac** _____ **Thigh** _____ **Sum=** _____

Men	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs	60+ yrs
Excellent	<=38	<44	<44	<46	<44	45
Doing Well	38-55	44-58	44-58	46-61	44-58	45-56
Needs Improving	56-91	59-91	58-91	61-86	59-88	57-85
Caution	>91	>91	>91	>86	>88	>85

Women	<20 yrs	20-29 yrs	30-39 yrs	40-49 yrs	50-59 yrs	60+ yrs
Excellent	<46	<53	<53	<56	<56	<59
Doing Well	47-58	53-64	53-54	56-67	56-67	59-70
Needs Improving	59-76	65-88	65-88	68-88	68-91	71-91
Caution	>76	>88	>88	>88	>91	>91

9. **Total Cholesterol (TC):**_____ **(mg/dl)** **HDL Cholesterol (the "Healthy" Package):**_____ **(mg/dl)**

TC/HDL Cholesterol Ratio:_____ **(mg/dl)** **LDL Cholesterol (the "Lousy" Package):**_____ **(mg/dl)**

Glucose:_____ **(mg/dl)** **Triglycerides:**_____ **(mg/dl)**

Check One: **12 hr *Fasting*** _____ ***Non- Fasting*** _____

Risk Level	Total Cholesterol	HDL	TC/HDL Ratio	LDL	Triglycerides	Glucose (Fasting)	Glucose (Non-fasting)
High Risk	*240+*	*<35*	*4.9 - <5.5*	*160+*	*400+*	*126+*	*200+*
Borderliine	*200 - <240*	*35 - <45*	*4.5 - <4.9*	*130 - <160*	*200 - <400*	*110 - <126*	*140 - <200*
Desirable	*180 - <200*	*45 – 60*	*3.5 - <4.5*	*100 - <130*	*100 - <200*	*100 - <110*	*110 - <140*
Excellent	*<180*	*60+*	*<3.5*	*<100*	*<100*	*<100*	*<110*

10. 1.5 Mile Run: _____ (minutes)_____ (seconds)

Men	20-29 years	30-39 years	40-49 years	50-59 years	60+ years
Excellent	<10.:46	<11:06	<11:52	<12:51	<13:55
Doing Well	10:46 – 11:53	11:06 – 12:25	11:52 – 13:31	12:51 – 14:30	13:55 – 16:02
Needs Improving	11:54 – 14:21	12:26 – 15:07	13:32– 16:24	14:31 – 18:08	16:03– 20:53
Caution	> 14:22	>15:08	>16:25	>18:09	>20:54

Women	20-29 years	30-39 years	40-49 years	50-59 years	60+ years
Excellent	<12:53	<13:47	<14:40	<16:49	<17:26
Doing Well	12:53 – 14:30	13:47 –15:28	14:40 – 16:50	16:49– 18:38	17:26– 20:17
Needs Improving	14:31 – 17:52	15:29 – 19:09	16:51 – 20:53	18:39 – 22:58	20:18 – 25:00
Caution	>17:53	>19:10	>20:54	>22:59	>25:01

11. Push-Up Test: _____ (record the number of push-ups performed using correct form without resting)

Men	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	35+	34+	27+	21+	17+	16+
Doing Well	27 - < 35	27 - < 34	21 - < 27	16 - < 21	11 - < 17	10 - < 16
Needs Improving	18 - < 27	17 - < 27	12 - < 21	10 - < 16	7 - < 11	5 - < 10
Caution	< 18	< 17	< 12	< 10	< 7	< 5

Women	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	31+	26+	24+	22+	17+	15+
Doing Well	23 - < 31	20 - < 26	17 - < 24	14 - < 22	10 - < 17	10 - < 15
Needs Improving	12 - < 23	10 - < 20	8 - < 17	5 - < 14	2 - < 10	2 - < 10
Caution	< 12	< 10	< 8	< 5	< 2	< 2

12. Sit-Up Test: _____ (record the number of sit-ups performed in one minute)

Men	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	46+	41+	34+	30+	25+	21+
Doing Well	41 - < 46	36 - < 41	30 - < 34	25 - < 30	21 - < 25	15 - < 21
Needs Improving	33 - < 41	29 - <36	22 - < 30	17 - < 25	13 - < 21	7 - < 15
Caution	< 33	< 29	< 22	< 17	< 13	< 7

Women	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	40+	34+	27+	23+	17+	15+
Doing Well	35 - < 40	29 - < 34	23 - < 27	18 - < 23	11 - < 17	10 - < 15
Needs Improving	27 - < 35	21 - < 29	15 - < 23	7 - < 18	3 - < 11	2 - < 10
Caution	< 27	< 21	< 15	< 7	< 3	< 2

13. Sit and Reach Test: _____ (record the best of three to the nearest tenth of an inch)

Men	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	15+	15+	14.6+	13.4+	12.6+	11.8+
Doing Well	13 - < 15	13 - < 15	12.6 - < 14.6	11 - < 13.4	10.6 - < 12.6	9.5 - < 11.8
Needs Improving	9.5 - < 13	9.8 - < 13	9.1 - < 12.6	7.1- < 11	6.3 - < 10.6	5.9 - < 9.5
Caution	< 9.5	< 9.8	< 9.1	< 7.1	< 6.3	< 5.9

Women	15 – 19 years	20 – 29 years	30 – 39 years	40 – 49 years	50 – 59 years	60 – 69 years
Excellent	16.5+	15.7+	15.4+	14.6+	14.6+	13.4+
Doing Well	14.6 - < 16.5	14.1 - < 15.7	13.8 - < 15.4	13 - < 14.6	12.6 - < 14.6	11.8 - < 13.4
Needs Improving	11.4 - < 14.6	11 - < 14.1	10.6 - < 13.8	9.8 - < 13	9.8 - < 12.6	9.1 - < 11.8
Caution	< 11.4	< 11	< 10.6	< 9.8	< 9.8	< 9.1