

YOUR PERSONAL FITNESS PROFILE

	START	3 WEEKS	6 WEEKS	9 WEEKS	12 WEEKS	15 WEEKS	18 WEEKS	21 WEEKS			24 WEEKS	27 WEEKS	30 WEEKS	33 WEEKS	36 WEEKS	39 WEEKS	42 WEEKS	45 WEEKS	48 WEEKS	52 WEEKS	
Resting Heart Rate																					
Blood Pressure*																					
LDL Cholesterol																					
HDL Cholesterol																					
Total Cholesterol*																					
Triglycerides																					
Body Weight																					
Body Mass Index (BMI)																					
Body Fat Percentage																					
Method 1																					
Method 2																					
Upper Arm (circumference)																					
1. Right																					
2. Left																					
Upper Thigh (circumference)																					
3. Right																					
4. Left																					
Mid-thigh (circumference)																					
5. Right																					
6. Left																					
7. Chest (at nipple line)																					
8. Neck (middle)																					
9. Hips																					
10. Waist (at belly button)																					
11. Waist (at smallest point)																					
Body Circumference Total																					
VO2max score and rating from Cardiorespiratory Test or Rockport Fitness Walking Test																					
Muscular Strength: Abs																					
Muscular Strength: Upper Body																					
Muscular Endurance: Abs																					
Muscular Endurance: Lower Body																					
Flexibility																					

Form 6: Your Personal Fitness Profile

*Blood pressure and cholesterol levels need only be tested again after twelve weeks.