Data Entry for the HFAC Fitness Test Protocol

Section #: ___, ___, _______  Age: _______  Gender: Male / Female
Name: _______________________________  Date of Birth: ___/___/____
Email (Required): _____________________________
Date of Pre-test: ____________
Date of Post-test: ____________

Weight
Pre-test Body Weight: _________ lbs/kg
Post-test Body Weight: _________ lbs/kg

Tanita Body Composition
Pre-test Fat%: _________
Post-test Fat%: _________

1 Mile Run
Pre-test Run Time: _________ min/sec
Post-test Run Time: _________ min/sec

Push-Up Test
Pre-test Pushups: _________
Post-test Pushups: _________

Reebok Curl-up Test
Pre-test Crunch: _________ reps
Post-test Crunch: _________ reps

Sit-Reach / Hip Flexion
Pre-test Sit & Reach: _________
Post-test Sit & Reach: _________

Blood Pressure
Pre-test Systolic: _________ Diastolic: _________
Post-test Systolic: _________ Diastolic: _________

Pulse
Pre-test Pulse: _________ bpm
Post-test Pulse: _________ bpm

Notes:
________________________________________
________________________________________
________________________________________
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