Med-Fit Tech Certification Course

Fitness Self-Assessment Worksheet

Date: _____

Name: _____ **Age:** _____._____ (YY.MM) **Gender:** M F

Height: _____ feet _____ inches **Weight:** _____ pounds

Waist Circumference: _____ inches (the distance in inches around your waist)

- Measure your waist at its largest circumference (usually right at your bellybutton).

Standardized Medical-Fitness Tests

Do all the exercises listed below sequentially with as little recovery time between exercises as possible.

Start Time:_____

1. Aerobic Fitness Test:

4-Minute Walk/Jog/Run Treadmill: 0._____ miles (two decimal places = 100th's of a mile)

- Use a commercial-grade treadmill with dashboard controls and indicators.
  - Warm-Up, Start Timer, Walk/Jog/Run as far as you can in 4 minutes.
  - (Optional) Heart Rates – Start:_____, Finish:_____, 2-min Recovery:_____.

2. Muscle Group Strength & Endurance Tests (AMRAP = As Many Reps As Possible)

A. 3-Minute Squat AMRAP: _____ reps

B. 2-Minute Leg-Raise AMRAP: _____ reps

C. 1-Minute Push-Up AMRAP: _____ reps

- Males pivot on their toes
- Females pivot on their knees

D. 1-Minute Inverted-Row AMRAP: _____ reps

Finish Time:_____

Start-to-Finish Time: _____ minutes

___ **Submit your Results online.**

- Reporting your fitness test results is required for credit, but they will not affect your grade.

Be sure to keep this worksheet to compare with your monthly Follow-Up Assessments.

www.MedFitTech.com