

# SPARTANfit

FITNESS & WELLNESS PROGRAM

## At-Home Screening Data Form

Test Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name: \_\_\_\_\_ Student I.D. # \_\_\_\_\_

E-mail: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please check one: Male \_\_\_\_ Female \_\_\_\_ Age: \_\_\_\_\_

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### RESTING MEASUREMENTS

Height \_\_\_\_\_ in.

Weight \_\_\_\_\_ lbs.

Resting HR \_\_\_\_\_

### EXERCISE MEASUREMENTS

Walk Test \_\_\_\_/\_\_\_\_ HR \_\_\_\_\_

Min. Sec.

Muscular Endurance Measurement: **Push-ups** \_\_\_\_\_

**Sit ups** \_\_\_\_\_

(1 min ACSM)

(1 min YMCA)

Male: Standard  
Females: Modified

Flexibility Measurement: **Sit & Reach**; \_\_\_\_\_ in.

*(start at 15 inches toe point)*

Once Completed, save this form and email to Brittany Richard at rich1087@msu.edu