Pulse Generator Assessment Worksheet

Name:		**Email:**	
PG Location:		**Height:**	
BMI:		**Weight:**	
Waist Circumference: Cm or Inches		**Hip Circumference: Cm or inches**	
# of Pushups:		**# of Curlups :**	
Hours /week of Physical activity:		**Hours /week of TV, computer:**	
Right Leg Balance:		**Left Leg Balance:**	
# of floor to stands:		**# of sit to stands:**	

Sub Max Predictive VO2 Assessment – Cardiovascular Fitness Predictor	
Results: Weight (lbs): Age: Gender: Walking time: End of assessment heart rate: VO2 max = 132.853 - (0.0769 x your weight in pounds) - (0.3877 x your age) + (6.315 if you are male or 0 if you are female) - (3.2649 x your walking time) - (0.1565 x your heart rate at the end of the test)	How did your feel? Was this difficult?

SMART goals:
Specific: Measureable: Attainable: Realistic: Timely:

Participant:		Date:	

Pulse Generator Self Fitness Assessment

This self-assessment is not meant as an evaluation for anyone other than yourself! We assembled this self-assessment worksheet to give you an idea of where you are starting to allow you to make SMART goals related to your health and wellness. SMART goals are Specific, Measureable, Attainable, Realistic and Timely. Example) My goal is to increase the number of pushups I can do in 1 minute by 2 over the month of September (End date: September 30th)

- Always, remember that fitness is relative to you and your specific starting point!

Body Mass Index (BMI): BMI gives you a very general idea of your weight given your height and can be an indicator of health related problems. It is calculated by dividing your weight in kilograms by your height in meters squared. (Kg/m^2) https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm

Waist Circumference: Clear your abdominal area of any clothing. Wrap the measuring tape around your waist. Use the borders of your hands and index fingers to find the uppermost edge of your hipbones. Align the bottom edge of the measuring tape with the top of the hip bones on both sides of your body. Make sure the tape is parallel to the floor and is not twisted. Relax and take two normal breaths. After the second breath out, tighten the tape around your waist. The tape should fit comfortably snug around the waist without depressing the skin. Take the reading on the tape.

Hip Circumference: Same protocol as waist circumference, although the measurement is taken at the widest point around your hips.

Pushups: Start Position: Place your hands on the floor just wider than shoulder distance apart, arms straight. Extend your legs out behind the hips, toes down, heels up and your head, shoulders, hips and ankles in a straight line.

*Modified Pushup Position: Place your hands on the floor just wider than shoulder distance apart, arms straight. Extend your legs out behind the hips with your knees on the ground and your head, shoulders, hips and knees in a straight line.

Action: Lower your chest toward the floor, keeping the arms at a 45-degree angle from the torso, until the shoulders are lined up with the elbows. Push back up to the starting position.

Tips: Take 1-2 seconds to lower the chest and 1-2 seconds to push back up to the starting position, exhaling while descending and inhaling when pushing back up.

Record the number of pushups you can do within 60 seconds. Please keep in mind, that you can do standard or modified pushups! Just remember to be consistent ☺

Curlups: Lie on the floor with your knees bent at approximately right angles, with feet flat on the ground. Your hands should be resting on your thighs. Squeeze your stomach, push your back flat and raise high enough for your hands to slide along your thighs to touch the tops of your knees. Don't pull with you neck or head and keep your lower back on the floor. Then return to the starting position. Record the number of curlups you can do with proper form in 1 minute.

Hours of Physical Activity per Week: Record the number of hours per week that you spend engaged in moderate or non- stop physical activity (continuous walking, running, biking, an activity that elevates you heart rate)

Hours of Sedentary Screen Time per Week: Record the number of hours per week that you spend engaging in sedentary screen based activities (Work, TV, Computer, Video games, etc.)

Balance: Record the number of seconds you can stand on one leg without falling or putting your other foot down (up to 120 secs).

Max VO2 - Rockport walk test: The Rockport walking test is an evaluation you can self-administer to determine your cardiovascular fitness. The aim of the test is to measure your VO2 max, the maximum amount of oxygen you can utilize during intense exercise, measured in milliliters per kilograms per minute (ml/kg/min).

To perform the Rockport walking test. Warm up for five to 10 minutes with light stretching. Start your stopwatch and immediately commence walking as fast as you can. Make every effort to push yourself, but avoid speed walking or power walking. At the end of the one mile, stop your stopwatch and record your time in decimals. For example, 11 minutes plus (30 seconds ÷ 60 seconds) = 11.5 minutes. Take your heart rate immediately. If taking your own pulse, count the heartbeats for 15 seconds and multiply by four. For example, if there are 40 heartbeats in 15 seconds, your heart rate would be 160 beats per minutes (bpm).

Upon completion of the test, you will need to do some math to determine your VO2 max. In addition to your heart rate, you will also need to measure your weight in pounds. The formula is as follows:

VO2 max = 132.853 - (0.0769 x your weight in pounds) - (0.3877 x your age) + (6.315 if you are male or 0 if you are female) - (3.2649 x your walking time) - (0.1565 x your heart rate at the end of the test)

If math is not your thing, feel free to calculate your VO2 max by using this free online calculator: https://exrx.net/Calculators/Rockport

 # Floor to Stand:

Begin by lying face down on the floor. From this prone position move your body to a standing positon then lower back to the starting position. Continue to repeat this activity for 60 seconds. This activity challenges full body coordination, balance, strength and flexibility. Perform this activity mindfully notice the degree of difficulty that you experience when you perform this activity.

 # Sit to Stand:

Begin sitting tall in a chair with your feet knees and hips aligned. Clasp your hands together behind your head. Without moving your feet lift yourself up to a standing in one fluid motion. Lower yourself down to the chair and repeat for 60 seconds. Perform this activity mindfully and notice the degree of difficulty you experience when you perform this activity. This activity is a good indicator of leg, back and core strength.