

Simple Fitness Screen					Scoring			
Category	Metrics	Measurement	# of Reps	Final Score	0	1	2	3
Muscular Strength	Upper	Push ups	#		Pain	0-3 reps	3-8 reps	8+ reps
	Core	Front plank for time	#		Pain	less than 30 sec	btw 30 - 60 sec	60 sec +
	Lower	Split squats	R: L:		Pain	Could not complete 8 reps	Completed x8 with Compensation or RPE > 5	Perfect and RPE < 5
Endurance	Muscular	Squats to chair for time	#		Pain	under 20 reps	20 - 40 reps	40 + reps
	Cardiovascular	Resting HR	#		80 + beats	60 - 80 beats	50 - 60 beats	< 50 beats
Flexibility and Balance	Flexibility	Toe Touch			Pain	Higher than mid-shin	Between mid-shin and toes	Can touch toes
	Balance	Single leg deadlift reach	R: L:		Pain	Compensation in hips/legs and/or had to reset 3 or more times	Compensation in hips/leg and/or reset 3 or less times	Hips & leg parallel and reset only once or zero times
		Bird dog R/L	R: L:		Pain	Could not complete x 10 reps	Completed with Compensation RPE > 5	Perfect and RPE < 5
Mobility	Upper	Shoulder Mob - R/L	R: L:		Pain	More than a hands length	Hands length away	Can touch fingers
	Lower	ASLR - R/L	R: L:		Pain	Below knee	Heel past knee	Perpendicular + to the ground
Physical Assessment Score =				/30				
Body Comp	BMI	(Wt in pounds x 703)/ (Ht in inches x Ht inch)	In: Lbs:		Extremely obese (BMI>40)	obese (30-39) or underweight (<20)	overweight (25-29)	normal
	Body fat (clinic access) OR		%			Obese/Underfat	Overfat	Healthy
	Waist to hip (no access)		waist/hip in cms			High Risk	Elevated Risk	Reduced Risk
Body Comp Score =				/6				
Total Assessment Score =					/36	<i>24 to 36 = Green , 12 - 24 = Yellow, Under 12 = Red</i>		