**Body Composition Form**

Your Logo Here

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| --- |
| **Personal Details** |

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Measurements** |

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| --- | --- |
| Resting heart rate |  |
| Heart rate maximum (estimated) |  |
| Blood pressure (if necessary) |  |
| Step test recovery rate |  |
| Step test rating: Zone 1 (Poor), Zone 2 (Average), Zone 3 (Excellent) |  |
| Rockport walk test time |  |
| Rockport walk test heart rate |  |
| Rockport walk test Oxygen Score |  |
| Rockport walk test rating: Zone 1 (Poor), Zone 2 (Average), Zone 3 (Very good) |  |

**Oxygen score = 132.853 – (0.0769 × weight) – (0.3877 × age) + (6.315 × [1 for male or 0 for female]) – (3.2649 × time) – (0.1565 × heart rate)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Training Zone**  **Readiness** | **1** | **2** | **3** |
|  |  |  |

**Zone 1 = 65 to 75% maximum HR | Zone 2 = 75 to 85% maximum HR | Zone 3 = 85 to 95% maximum HR**