

FITNESS PROFILE

Name: Minnie Miner

DEMOGRAPHICS

Age(Years): 14

BIOMETRICS

Height(in): 62

Weight(lbs): 165

Blood Pressure(mm/HG): 108/57

Body Mass Index (BMI): 30

Resting Heart Rate 86

CARDIOVASCULAR

1 Mile Run: 11:30

Pacer: 10

STRENGTH

Arm Curl/Biceps Str (lbs): 18

Push-Ups: 5

FLEXIBILITY/ENDURANCE

Sit & Reach (in): 7.5

Situps/Curl-Ups: 12

BODY COMPOSITION

Direct Value: 35%

FITNESS GRAM STANDARDS FOR HEALTHY FITNESS ZONE

<u>GIRLS</u>	<u>MILE</u>	<u>PACER</u>	<u>CURL-UPS</u>	<u>PUSHUPS</u>	<u>BICEP STR</u>	<u>SIT & REACH</u>	<u>BODY COMP</u>
EXCEEDS	<8:30	>44	>32	>15	>50LBS	>14 inches	<17%
MEETS	11:00-8:30	18-44	18-32	7 to 15	20-50lbs	8-14inches	17-32%
DOES NOT MEET	>11:00	<18	<18	<7	<20lbs	<8 inches	>32%