

Health Questionnaire

ACHIEVEMENT SERIES

TESTING YOUR HEALTH — Evaluating your fitness*

Health History

- | | | |
|--|--------------------------|--------------------------|
| | yes | no |
| 1. Are you inactive (exercise less than three times a week)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have a history of heart disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have diabetes or high blood sugar? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you have a history of high blood pressure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Has anyone in your family developed any form of heart disease before age 50? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you smoke cigarettes or have you quit within the last two years? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you have high cholesterol, either total cholesterol higher than 200 mg/dl or HDL less than 35 mg/dl? | <input type="checkbox"/> | <input type="checkbox"/> |

Vehicle Maintenance

You should be seeing a doctor for a physical examination at least every other year. Make sure you also periodically receive each of the following health checks and self examinations:

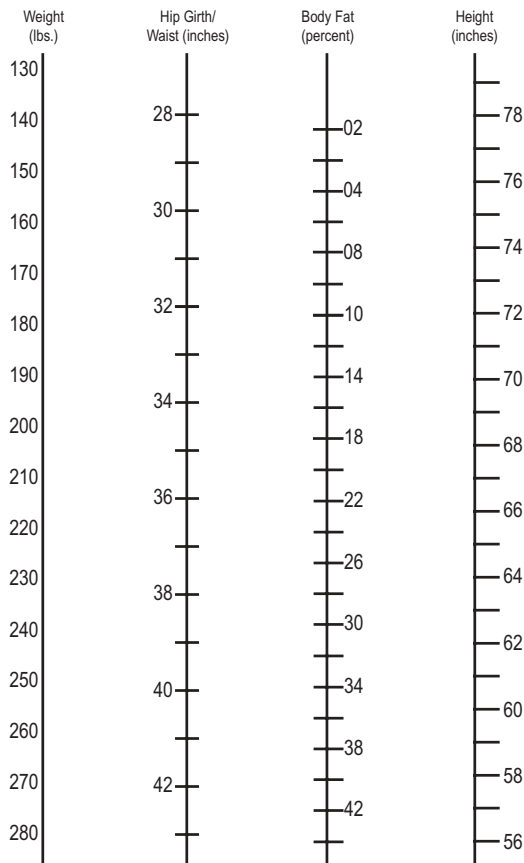
- Blood Pressure
- Cholesterol
- Vision
- Hearing
- Skin Cancer
- PSA Test
- Testicular Cancer
- Oral Cavity/Dental
- Vaccinations
- STDs (including HIV)

Body Composition

Waist: _____ Chest: _____
 Thighs: _____ Upper Arms: _____
 Calves: _____
 Height: _____ Body Fat %: _____
 Weight: _____

Body Performance

	Ideal	Your
Heart Rate (b/m):	60-90	_____
Blood Pressure(s/d):	120/80	_____
Heart Fitness (b/m):	75-100	_____



Strength (for ages under 30):

	Push-Ups	Crunches
Excellent	55+	60+
Good	45-54	45-59
Average	35-44	30-44
Fair	20-34	15-29
Low	0-19	0-14

Flexibility**:

	Under 25	26-35	36-45	45 and up
Excellent	>20	>19	>18	>17
Good	18-20	17-19	16-18	15-17
Average	16-17	15-17	13-15	11-14
Fair	13-15	12-15	10-12	8-10
Low	<13	<12	<10	<8

Endurance (measured in miles)***:

	Under 30	30-39	40-49	50 and up
Excellent	Over 1.74	Over 1.64	Over 1.54	Over 1.49
Good	1.50-1.74	1.40-1.64	1.30-1.54	1.25-1.49
Average	1.25-1.49	1.15-1.39	1.05-1.29	1.00-1.24
Fair	1.00-1.24	0.95-1.14	0.85-1.04	0.80-0.99
Low	Under 1.00	Under 0.95	Under 0.85	Under 0.80

*All measurements are calibrated for norms in males

**This measurement utilizes the Golding "Sit and Reach"

***This measurement utilizes Dr. Kenneth Cooper's 12-minute Test