



Fitness Results

Record your pre and post surgery fitness results using the table below. You can reassess your progress every couple of months with your doctor's permission.

Measurement	Baseline date:	Date	Date	Date
Height				
Weight				
BMI Score				
Body Fat				
Chest Skinfold (men)				
Abdomen Skinfold (men)				
Thigh Skinfold (men & women)				
Triceps Skinfold (women)				
Iliac Crest Skinfold (women)				
Total Percent				
Girth Measurements				
Neck				
Chest				
Waist				
Hips				
Upper Thigh				
Mid-thigh				
Knee				
Calve				
Ankle				
Upper Arm				
Elbow				
Mid-forearm				
Wrist				
Aerobic Fitness				
# of minutes you can walk				
Distance walked in 12 min.				
Other test:				
Strength				
1 minute curl-ups				
1 minute push-ups				
Balance				
# of seconds on Right Foot				
# of seconds on Left foot				

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