

Date _____

FLORIDA TREK SCREENING FORM



Name _____

Department _____

Work email _____@_____

Age _____

Height _____ (in) Weight _____ (lbs)

Body Mass Index _____ Classification _____

Blood Pressure _____ mm/Hg Classification _____

Waist Circum. _____ (in) Classification _____

Flexibility Screening _____ (in) Classification _____

Balance _____ SEC. Classification _____

Resting Heart Rate _____ bpm

Recommended THR Zone _____ - _____ bpm

CURRENT ACTIVITY LEVEL

- SEDENTARY:** Activities of daily living only (dressing, cooking, walking to and from the car, etc.). No purposeful exercise.
- LIGHT ACTIVITY:** Activities of daily living, plus the equivalent of walking 2 miles (or about 4,000 steps) per day
- MODERATE ACTIVITY:** Activities of daily living, plus activities like brisk walking (15-20 minutes per mile), dancing, skating, leisurely bicycling, golfing, doubles tennis, mowing the lawn, or yoga 3-5 days per week.
- HEAVY ACTIVITY:** Activities of daily living, plus moderate exercise or vigorous exercise (jogging, running, swimming, singles tennis, soccer, basketball, digging, carpentry) most days of the week.
- EXCEPTIONAL ACTIVITY:** Activities of daily living, plus intensive training for an exercise event like a marathon, triathlon, century bike ride, etc.

THIS YEAR'S GOAL(S)

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