

Personal Fitness MOT

Name: _____

Date: _____

Weight: _____ kg (_____ st _____ lbs)

Height: _____ m (_____ ft _____ ins)

BMI: _____



BMI is a starting point for further reflection on how it impacts on your fitness:

18.5 to 24.9 means you're a healthy weight

30 to 39.9 means you're obese

25 to 29.9 means you're overweight

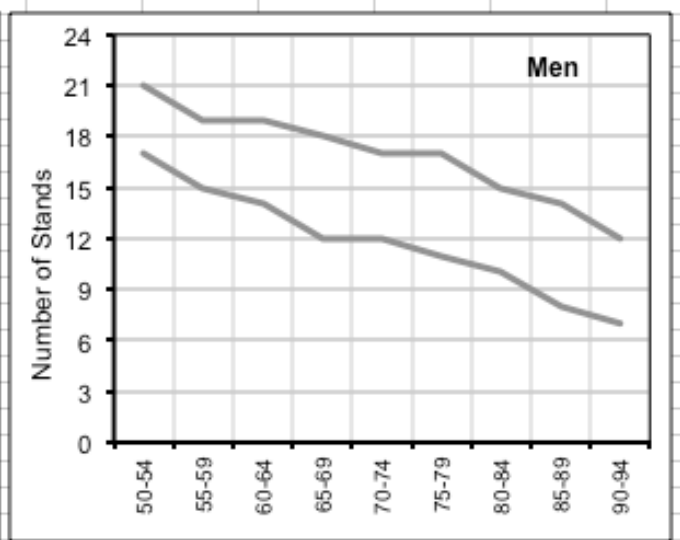
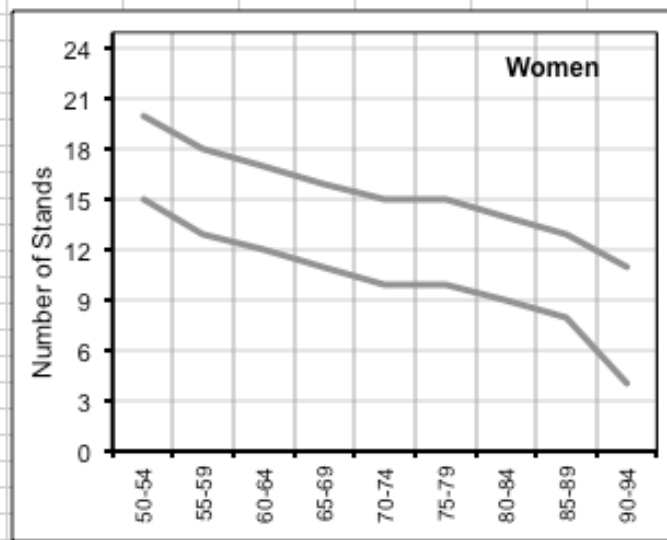
40 or above means you're severely obese

30 Second Chair Rise

The 30-second chair stand measures lower limb strength, which is needed to climb stairs, walk distances, get out of a chair, bathtub or car, and rise from the floor. Lower body strength also helps reduce the risk of balance problems and falls. The test is normally performed with your arms folded.

Your Test Result: _____ Stands

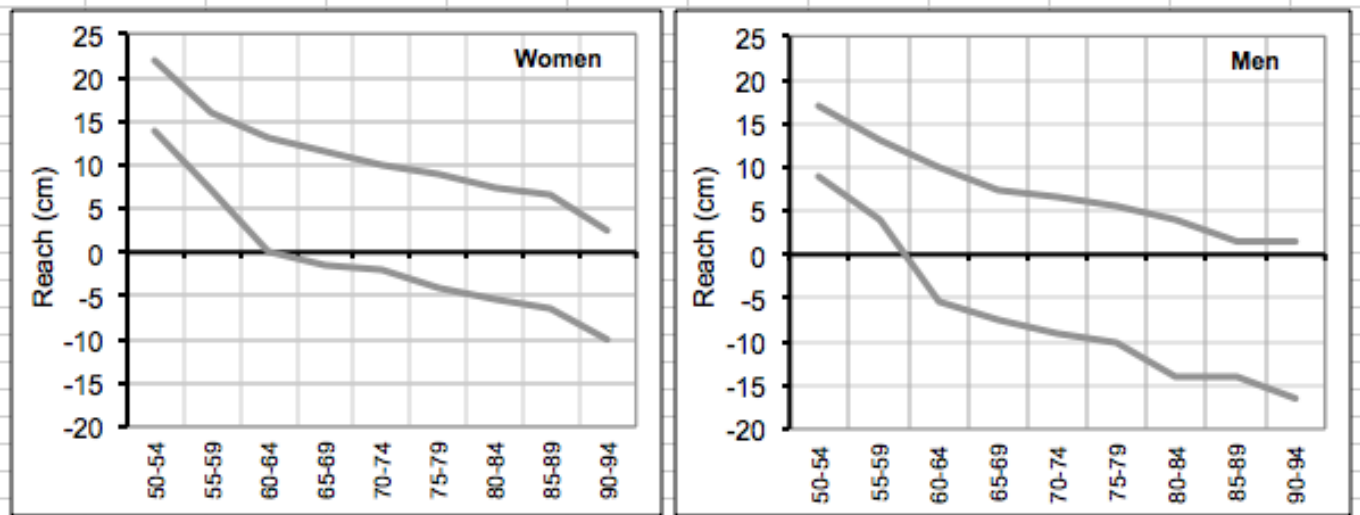
Arms folded?: Yes/No



Chair Sit & Reach

The chair sit-and-reach is an overall measure of lower-body flexibility, which is important for posture and for mobility tasks like walking and climbing stairs. Lower-body flexibility can also help prevent lower-back pain and musculoskeletal injuries. A minus (-) score means you could not reach your toes, a plus (+) score means you reached past your toes.

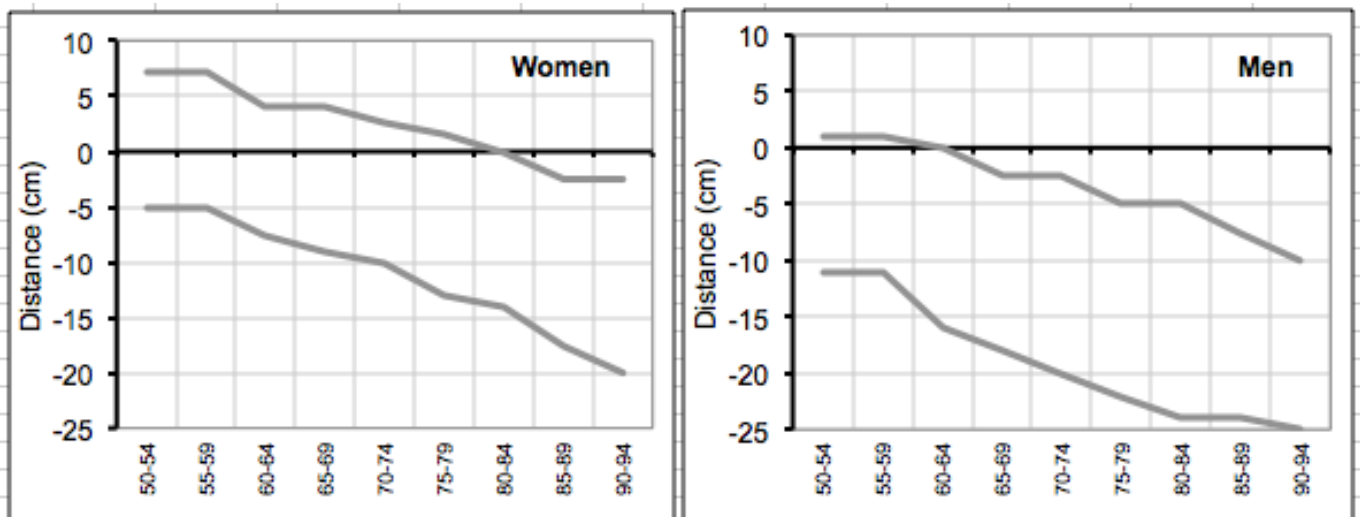
Your Test Result: Right leg straight _____ Cm Left leg straight _____ Cm



Back Scratch

The back scratch measures upper-body shoulder flexibility, which is necessary for several everyday tasks, such as combing or washing your hair, zipping a dress, putting on an over-the-head garment or reaching for a seat belt. Keeping the shoulders flexible also helps reduce pain and stiffness. A minus (-) score means you could not touch the fingers of both hands, a plus (+) score means you overlapped your hands.

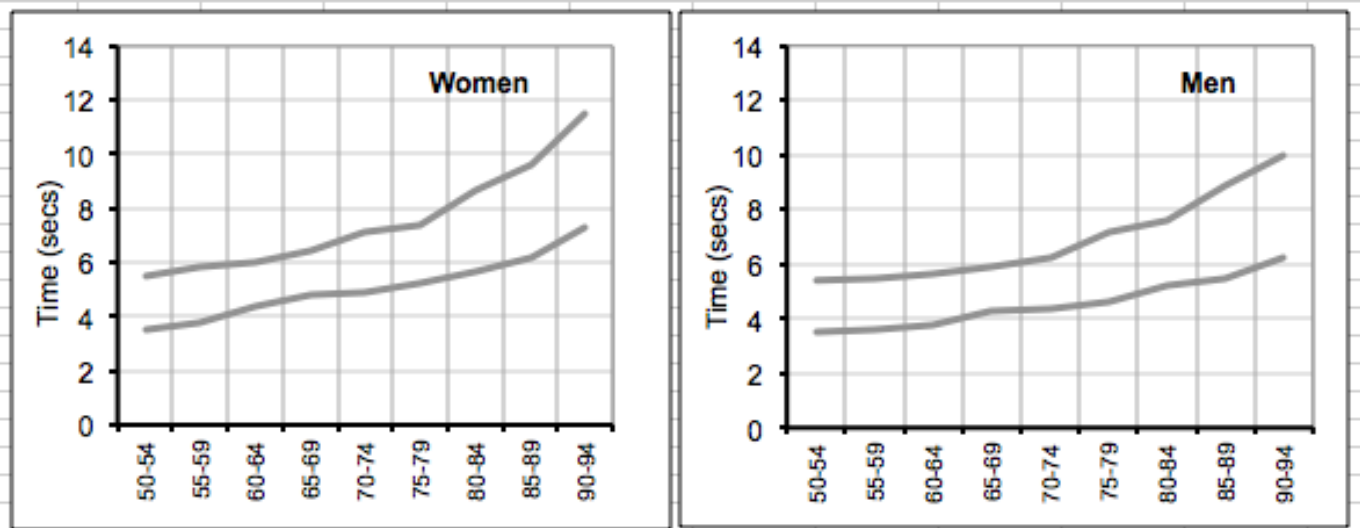
Your Test Result: Right arm up _____ Cm Left arm up _____ Cm



8 Foot Timed Up & Go

The 8 foot timed up-and-go measures both motor ability and dynamic balance, which are important for a number of common mobility tasks, such as recovering after tripping, manoeuvring in a crowd, being able to walk across the street before the signal lights turns red and a variety of recreational and sports activities.

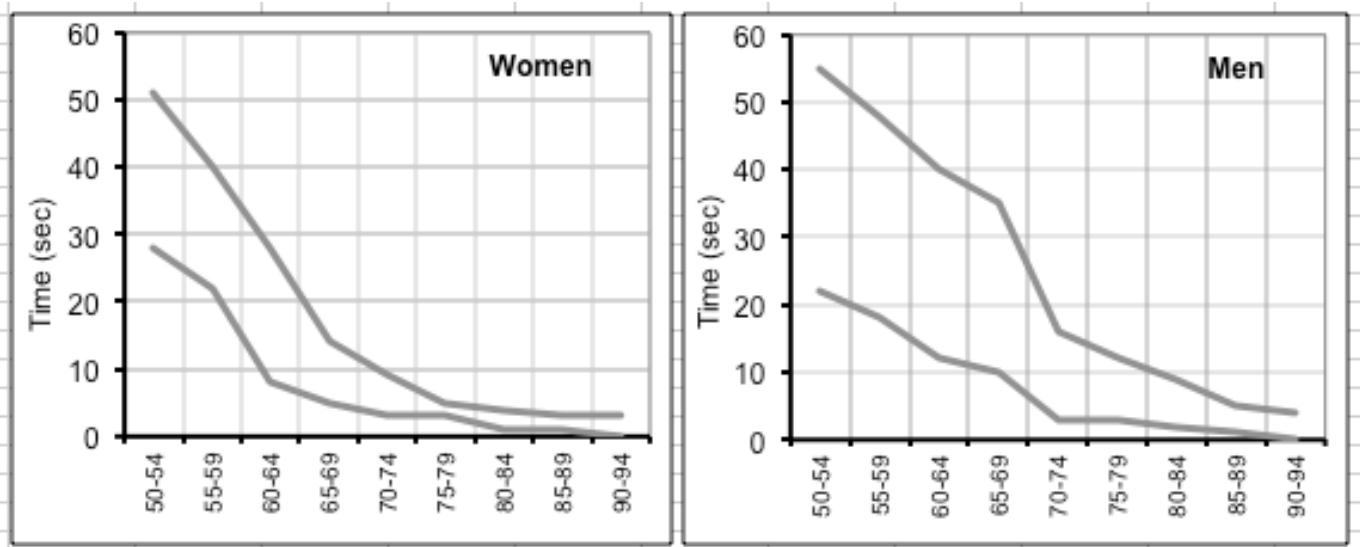
Your Test Result: ____ Secs Use of arms to get out of chair? Yes/No Use of walking aid? Yes/No



One Leg Balance

Balance is important so that you can correct a trip, reach for things in tall cupboards and generally maintain independence.

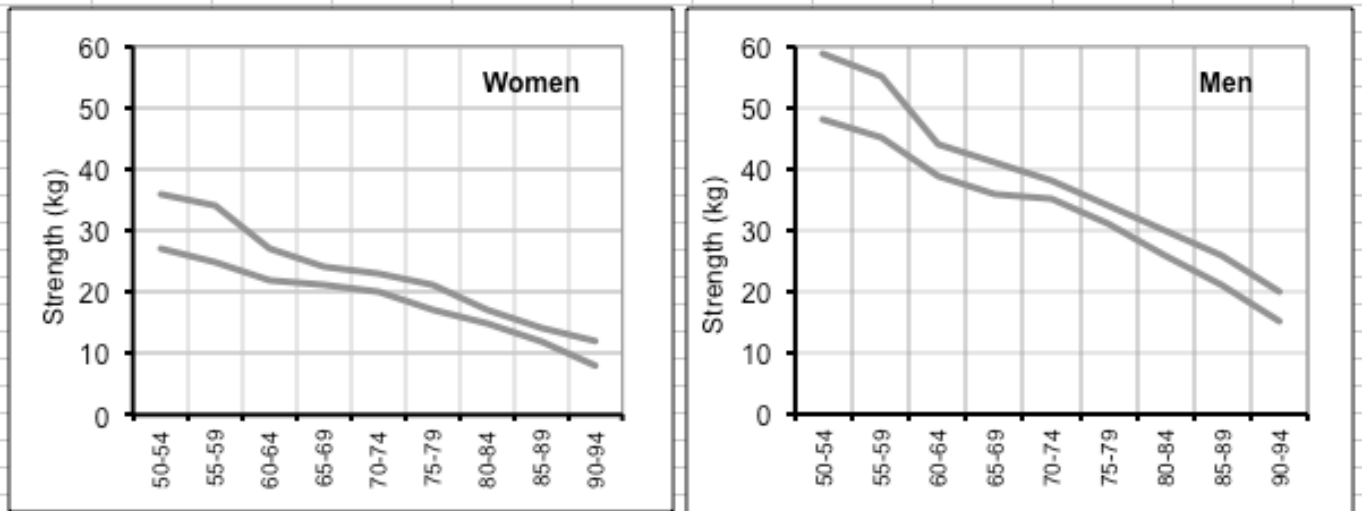
Your Test Result: Standing on right leg _____ Secs Standing on left leg _____ Secs



Handgrip Strength

You need good handgrip strength to be able to hold on tight on the bus, open jars and taps and of course, carry heavy shopping bags.

Your Test Result: Right hand _____ Kg Left hand _____ Kg



6 Minute Walk

The six-minute walk measures aerobic endurance, which is needed to perform a variety of activities, including walking, shopping, sightseeing on vacations, completing household chores and participating in sports and recreational activities without undue fatigue.

Your Test Result: _____ Meters Needed a rest mid walk? Yes/No Use of walking aid? Yes/No

