

Mountain View City Fire Department

Fitness Progress Report

Report Date: June 10, 2016

Prepared By

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Report Overview

The following report shows the change in average health and fitness scores over time for a group of people. A person is included in the group if they match the group definition shown below and had at least two evaluations within the test date range. The red bar graph is the average score from all the first evaluations. The blue bar graph is the average score from all the last evaluations. The total number of people in the group is displayed at the top of the report; the number of people who completed each test is displayed to the right of the test name (n=). These scores are compared to recommended health and fitness scores, called Standard Scores' for people in the gender and age group displayed at the top of the report.

Group Definition

Gender: Male
Age: 30 to 39 years
Test Date Range: 01-Oct-2015 to 10-Jun-2016 Fitness Profile
Counselor: Gomez, Andrea
Group Contracts: Mtn. View Fire

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Standard Scores: Male 30-39 years

People in Group: 23

■ Last Test Average Age: 33
■ First Test Average Age: 32

Description	Score	Needs Work	Fair	Fit	Excellent	
Body Fat (% body weight)	n=23 18.0	40.0	25.0	19.0	15.0	7.0
	n=23 18.6					
Push-Ups (max)	n=23 26	0	12	17	30	40
	n=23 25					
Back Flexibility (in)	n=23 14.4	3.0	13.0	15.0	17.0	22.0
	n=23 13.6					
Systolic Blood Pressure (mmHg)	n=23 127	180	139	119	109	100
	n=23 130					
Diastolic Blood Pressure (mmHg)	n=23 81	110	89	79	69	50
	n=23 84					
Resting Heart Rate (bpm)	n=23 74	110	100	80	70	50
	n=23 76					
Aerobic Fitness (ml/kg/min)	n=23 42.2	14.0	32.0	37.0	42.0	57.0
	n=23 40.5					
Total Fitness Score	65	0	40	60	80	100
	61					

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Description	First Test	Last Test	Difference	Percent
Height (in) n=23	71.98	71.98	0.00	0.0%
Weight (lbs) n=23	187.0	183.8	- 3.2	- 1.7%
Chest Skinfold n=23	18.6	20.6	+ 2.0	+ 10.9%
Abdomen Skinfold n=23	20.7	20.0	- 0.7	- 3.2%
Thigh Skinfold n=23	22.7	20.7	- 1.9	- 8.6%