

Fitness Assessments for Joe Sample

Summary Scores

These summary score values are an average of your fitness test performances. They provide an overall picture of your level of fitness.

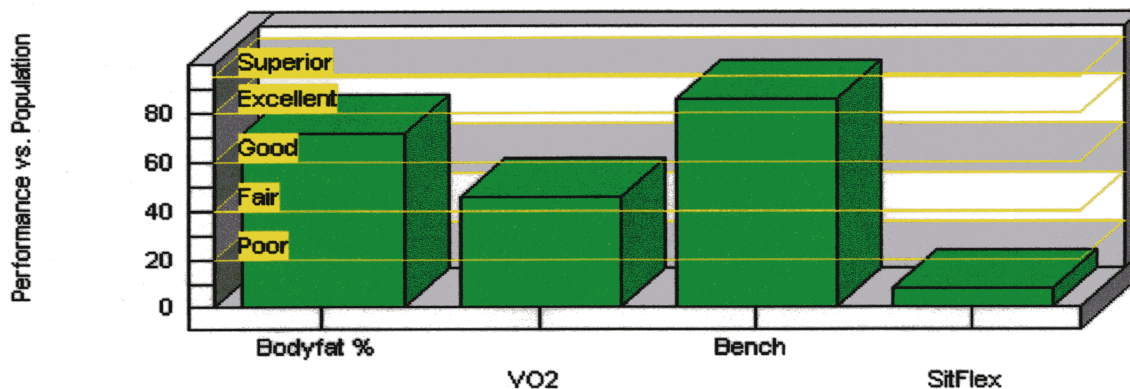
11/28/04 Average Fitness Test Performance: 53 / 100

Fitness Tests by Category

Each test listed below is a gauge of some aspect of fitness. Together the tests will help you to understand your strengths and weaknesses. Over time, the tests will help you to see your progress. By comparing your performance against norm data from the general population, we are able to provide you with a single method for evaluating all of your test results.

11/28/04

Fitness Testing for Joe Sample



Body Composition Tests

Body composition is an important measure of your total health. The human body is composed of lean body mass and fat tissue. Lean body mass is made up of bone, muscle, blood, organs, and connective tissue. Fat tissue, necessary for life and health, is nevertheless often stored in excessive amounts in many people. An important step in developing your fitness goals is to define a healthy weight level and bodyfat level.

11/28/04 Weight: 170.00 Lbs

11/28/04 Jackson-Pollock 7Pinch Fat%: 19.16 %

Rank/Rating: 72 / Good

Weight and Bodyfat Levels

The human body is composed of lean body mass and fat tissue. Lean body mass is made up of bone, muscle, blood, organs, and connective tissue. The rest of bodyweight is made up of fat tissue. While fat is necessary for life and health, optimal health is achieved only if it is not excessive. Your total weight, lean body weight, and bodyfat weight levels are presented below. These values and their change over time will