

## Attachment H: Participant Fitness Testing Feedback Form and Progress Charts

Participants have indicated that seeing their fitness relative to peers and reviewing multi-component outcomes over time has been beneficial. The Fitness Testing Feedback Form on the next page is intended to be used at each fitness test performed by the EP to provide feedback to the participant relative to his or her peers. The participant charts on the two pages following are intended for use as a progress tracking mechanism to be kept in the participant's main folder at the site and reviewed monthly with the CPT or EP to determine if program adjustments are needed.

Participating Providers are encouraged to adapt the feedback form and charts on the following pages to use with participants at their facility, including editing the form and table to accurately reflect the services provided, insert corporate logo, and more. Please contact the WVU Research and Evaluation team for assistance editing the charts if needed.

Insert facility  
logo here

## PEIA Weight Management Fitness Testing Feedback Form



Participant Name: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Staff Member Completing the Assessment: \_\_\_\_\_

Today, we conducted several tests to evaluate your health risk and physical fitness. Below you will find scores that provide feedback on each of these tests. The fitness testing results provide information on your levels of cardiovascular (aerobic) fitness, muscular strength and endurance, and flexibility. These measures, in combination with your health and medical history, give us a sense of your overall conditioning, and help us set up a program tailored to your needs and fitness goals. These tests are administered periodically throughout the program to chart your progress. \*\*\***Be sure to ask one of our staff members if you don't understand any of the information we provide today.**

**Resting Blood Pressure:** \_\_\_\_\_ Rating: *Normal Pre-hypertensive Hypertensive*

**Body Fat Percentage:** \_\_\_\_\_ Rating: *Poor Below Avg Average Above Avg*

**Cardiovascular Fitness** is the ability to perform moderate-to-high intensity exercise for prolonged periods. Low levels of cardiovascular fitness are associated with ill health, but can be improved with habitual physical activity, resulting in decreased risk for cardiovascular disease and mortality.

Name of Test Completed: \_\_\_\_\_

Score(s) on this test: \_\_\_\_\_

Overall Rating of Cardiovascular Fitness

*Well below average Below average Average Above average Well above average*

**Flexibility** is the ability to move a joint through its complete range of motion, and facilitates movement and the performance of physical activity and daily activities.

Name of Test Completed: \_\_\_\_\_

Score(s) on this test: \_\_\_\_\_

Overall Rating of Flexibility:

*Needs improvement Fair Good Very good Excellent*

**Muscular Strength and Endurance** are the ability of a muscle to exert force and to execute repeated contractions over a period of time. Muscular strength and endurance are associated with improvements in: bone density & osteoporosis, glucose tolerance & type 2 diabetes, low back pain, obesity, balance, and quality of life.

Name of **Muscle Strength** Test(s) Completed: \_\_\_\_\_

Score(s) on this test: \_\_\_\_\_

Overall Rating of Muscle Strength:

*Well below average Below average Average Above average Well above average*

Name of **Muscle Endurance** Test(s) Completed: \_\_\_\_\_

Score(s) on this test: \_\_\_\_\_

Overall Rating of Muscle Endurance:

*Needs improvement Fair Good Very good Excellent*



