Anthropometric Statistics

Date:_____ **Name:**_____

1. **Blood Pressure & Pulse (Ideal BP _____/_____ P____) Today: BP _____/_____ P_____**

2. **Resting Heart Rate (RHR.)** **Your RHR. _____**

   a. The instant you awaken tomorrow morning, and before you move a muscle, lie there and take your pulse for one full minute.

   b. **Scoring:** 50-60 Athletic 60-80 Healthy Poor Health 80-100

3. **Target Heart Rate (THR) (Karvone Formula)** **Your THR _____**

   a. Take 220
   b. Minus your age
   c. Minus your resting heart rate (RHR)
   d. Multiply by 46 percent
   e. Then add back your resting heart rate (RHR)

   Your pulse in THR for a full 10 minutes (minimum) during exercise daily or at least five days per weeks will keep heart muscle physically exercised for health maintenance.

4. **Respiratory Lung Capacity (RLC)** **Your RLC _____**

   a. **Reminder:** Each time you take a measurement, pull the tape as tight as possible, without stretching the shape of the measuring tape, so that you will be able to take accurate comparison measurements at a later date.

   b. **To begin:** Take your tape measure and wrap it around your chest, just under your armpits, and above your breasts.

   c. **Inhaling Lung Measurement:** Now take a huge, deep breath by inhaling through your nose until your lungs are full and you feel like you could burst. Note the placement of the measuring tape to assure is still under your armpits and across the chest. When you are inhaling your full breath, you are ready to take that measurement. This number is your Inhaling Lung Measurement. Record it in the space below.

   Inhaling Lung Measurement_____

   d. **Exhaling Lung Measurement:** After taking your Inhaling Lung measurement, exhale fully out of your mouth. When all the air is out, puff out the last breaths with quick, sharp puffing sounds to be sure all of the air is cleared from the lungs. When your lungs are clear of air, you are ready to take that measurement. This number is your Exhaling Lung Measurement. Record it in the space below.

   Exhaling Lung Measurement _____

   e. FORMULA TO CALCULATE LUNG CAPACITY:

   Exhaling Lung Measurement: _____
   Minus Inhaling Lung Measurement: - _____
   Equals X = _____ (X)
   X Divided by Exhale Number % ** _____ (Your Lung Capacity)
   (**Note after entering the Exhale number, press the percent (%) sign.

   Score for Respiratory Lung Capacity

   15% or greater = Athlete
   10.0% - 15% = Healthy
   5.0 %- 10.0 % = Normal/Average
   3.0 5% - 5.0 % = Poor Lung Capacity
   2.5% = Possible heart and respiratory weakness