

Futrex Body Composition

Please print:

Name: _____ Date: _____

Gender: M F

Weight: _____ (Whole LBs)

Body Frame: **Small Medium Large** (Circle One)

Height: _____ (In whole inches)

Over the **Average** of the last six months
(Circle Only One for each Question)

How frequently do you exercise?

- 5) Daily or almost daily (six or seven times per week)
- 4) 3 to 5 times per week
- 3) 1 or 2 times per week
- 2) A few times per month
- 1) Less than once per month

What specifically do you do for exercise?

- 5) Aerobic activities that result in sustained heavy breathing and perspiration (e.g. high impact aerobics, running, speed swimming, distance cycling, competitive body building)—85% max heart rate.
- 4) Intermittent aerobic activities that result in sustained heavy breathing and perspiration (e.g. tennis, racquetball, squash, weight lifting)—80-85% max heart rate.
- 3) Moderate aerobic activity (e.g. normal bike riding, jogging, low impact aerobics)—70-75% max heart rate.
- 2) Moderate aerobic activity (e.g. recreational volleyball, moderate speed walking)
- 1) Light aerobic activity (e.g. normal walking, golfing)

Total exercise time?

- 4) Over 30 minutes
- 3) 20-30 minutes
- 2) 10-20 minutes
- 1) Under 10 minutes

**WAIST DIVIDED BY YOUR
HEIGHT IN INCHES!**