

Futrex Directions

First, weigh yourself on the scale (remember NO SHOES)! You should know your height in inches. (eg 5'9" is 69") You should weigh in a T-shirt and shorts or sweat pants.

Second, answer the questions on the Futrex Body Composition Sheet (on back). You are to determine your body frame size by using the wrist chart and the tape measure to determine your frame size. You will also need to measure your waist at its smallest place.

Third, make sure I can measure you at your bicep of the hand that you write with (wear a shirt that can be pulled up to the **very top** of your arm).

Fourth, come to the desk and find out your body composition by placing your arm palm up on the desk with your sleeve pulled up.

Body Composition Chart

Classification	Male %	Female %
Very Low Fat	7-9.9	14-16.9
Low Fat	10-12.9	17-19.9
Average Fat	13-16.9	20-23.9
Above Average Fat	17-19.9	24-26.9
Very High Fat	20-27.9	27-34.9
Obese	28 and above	35 and above

Waist Ratio Chart

Your waist/height number should be less than .50.

Remember!

Futrex 2: November 22

You will need to sign up at the 8 minute run and come at your scheduled time for each day.

It will take you about 10 to 15 minutes to complete this activity.

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!**