



DR. GOLD'S  
OPTIMAL LIVING INSTITUTE  
Board Certified in Family & Holistic Medicine

## Dr. Gold's Physical Fitness Assessment

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

Date: \_\_\_\_\_

**1.Endurance:** How fast can you walk or run one mile. Please time yourself 4 times around a 400m track. If unable to do, how far can you walk and how long does it take you?

Timed one mile \_\_\_\_\_ Other distance \_\_\_\_\_ How long \_\_\_\_\_

**2.Strength:** How many pushups can you do in 1 minute? \_\_\_\_\_

How many sit-ups can you do in 1 minute? \_\_\_\_\_

If unable, how long can you hold full plank? \_\_\_\_\_ or half plank on knees \_\_\_\_\_?

**3.Flexibility:** Sitting on the ground (or in a chair) how far forward can you reach?



Knees \_\_\_\_\_ Toes \_\_\_\_\_ Other \_\_\_\_\_ How many inches past feet \_\_\_\_\_

**3.Balance:** Can you stand on your right leg for more than 10 seconds?    yes    no

Can you stand on your left leg for more than 10 seconds?    yes    no

**4.Simple body Measurements:** Weight \_\_\_\_\_ Height \_\_\_\_\_

Waist circumference \_\_\_\_\_ inches Hip circumference \_\_\_\_\_ inches

Right Mid-arm circumference \_\_\_\_\_ inches Left Mid-arm circumference \_\_\_\_\_ inches

Right Mid-thigh circumference \_\_\_\_\_ inches Left Mid-thigh circumference \_\_\_\_\_ inches

**\*5.Advanced body Measurements** (in the office):

Muscle mass % \_\_\_\_\_ Body fat % \_\_\_\_\_ Resting metabolism \_\_\_\_\_ Body age \_\_\_\_\_

Visceral fat \_\_\_\_\_ Bone density analysis \_\_\_\_\_



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Bibliography:

<https://www.cdc.gov/healthyweight/assessing/index.html#:~:text=Waist%20Circumference,-How%20To%20Measure&text=Stand%20and%20place%20a%20tape,just%20after%20you%20br eathe%20out>

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