

Fitness Profile - Group Trend Report

Group Definition

Group Type	Group Name
Group Contracts	A Sample Group


Test Date Range

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

to

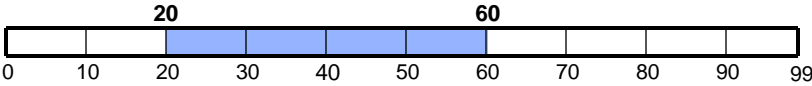
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Gender



Male

Age Range



Description

The Group Trend report shows the change in one group's fitness scores over time. A client is selected for the group only if they match the group definition and have two or more Fitness Profile tests within the specified test date range. The 'First Test' scores are the average scores from the client's first Fitness Profile test in the test date range. The 'Last Test' scores are the average scores from the last Fitness Profile test in the test date range.

Fitness Profile - Group Trend Report

Oct 23, 2002

Standard Data: Male 30-39 years

Clients in Group: 45

■ Last Test
■ First Test

Average Age: 36
Average Age: 36

Description	Score	Needs Work	Fair	Fit	Excellent	
Body Fat (% body weight)	n=45 15.4	45.0	25.0	18.0	12.0	5.0
	n=45 18.0					
Biceps Strength (lbs)	n=45 107	41	82	91	102	138
	n=45 95					
Back Flexibility (cm)	n=45 46	12	37	43	48	62
	n=45 42					
Systolic Blood Pressure (mmHg)	n=45 123	180	140	130	120	90
	n=45 132					
Diastolic Blood Pressure (mmHg)	n=45 80	110	90	85	80	50
	n=45 87					
Resting Heart Rate (bpm)	n=45 67	110	100	80	70	50
	n=45 76					
Aerobic Fitness (ml/kg/min)	n=45 42.5	17.0	32.0	37.0	43.0	57.0
	n=45 37.8					
Total Fitness Score	n=45 74	0	40	60	80	100
	n=45 60					

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Description	First Test	Last Test	Difference	Percent
Height (in) n=45	71.07	71.07	0.00	0.0%
Weight (lbs) n=45	191.4	183.8	- 7.6	- 4.0%