

**All About YOU! Name:**

**Using the following information on this evaluation sheet, find the following information from the sites listed.**

[www.webefit.com](http://www.webefit.com) Click on Calculators from the list of topics

1. Ideal weight range: \_\_\_\_\_\_\_\_\_\_\_\_\_
2. Body Mass Index (BMI): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rating: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. What does this measurement represent? How is it calculated?
3. Resting basal metabolic rate (BMR): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. What does this measurement represent?
4. Training (aerobic) heart rate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Aerobic zone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. What do each of these measurements mean?
5. How many calories do you burn jogging or running a mile? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. How many calories do you burn walking a mile? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Waist to hip ratio: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   1. What should this be for your gender? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. How much water should you drink if you are going to run for 30 minutes at medium intensity?

[www.exrx.net](http://www.exrx.net)

Click on Health Age Calculator and complete the survey to determine your real “Health Age”

If you do not know the first 2 questions, use unknown for cholesterol and 110-130/60-80 for blood pressure.

1. Actual Age: \_\_\_\_\_\_\_\_\_\_ Health Age: \_\_\_\_\_\_\_\_\_\_\_
2. Normal Life expectancy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Your Life Expectancy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Do these results surprise you? Why or why not?

[www.preventdisease.com](http://www.preventdisease.com)

Go to calculate health

1. Adult Body Composition II: Body fat %\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Calories burned: Select 3 activities in which you participate, decide the duration of the activity, then calculate the calories that each activity burns.
   1. Activity \_\_\_\_\_\_\_\_\_\_\_ minutes \_\_\_\_\_\_\_\_\_\_\_\_\_ calories burned \_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Activity \_\_\_\_\_\_\_\_\_\_\_ minutes \_\_\_\_\_\_\_\_\_\_\_\_\_ calories burned \_\_\_\_\_\_\_\_\_\_\_\_\_
   3. Activity \_\_\_\_\_\_\_\_\_\_\_ minutes \_\_\_\_\_\_\_\_\_\_\_\_\_ calories burned \_\_\_\_\_\_\_\_\_\_\_\_\_

[www.myplate.gov](http://www.myplate.gov)

Scroll to the bottom and click on My Plate Quizzes. Click on Portion Distortion on the right sidebar. Take the portion distortion I and II quizzes.

1. How have portion sizes changed from 20 years ago and how has that affected the personal fitness of Americans?