

FAST HEALTH MOT

UNLOCK A HEALTHIER YOU

WELCOME TO YOUR FAST WAY TO FITNESS HEALTH MOT

In this session we'll be walking you through some assessments that will find the small changes that will make the biggest difference when it comes to your mobility, mindset and motivation.

We'll be assessing 3 key areas to investigate where you are right now in order for us to give you the best prescription as to where to place your energy when trying to advance your health.



FAST BODY MAP

In this session we'll be assessing you for range of motion, strength and any underlying joint pain so that we can inform you of exercises that will give you the fastest progress in your training and also how to amend your lifestyle/ posture/ movement to perform better.



FAST BODY FAT

In this session we'll be helping you work out exactly how much excess body fat you have to lose. We'll take 7 ultrasound measurements across your body and calculate how much body fat you currently have so we can accurately predict how long it will take you to get to your goal physique.



FAT MAX ASSESSMENT

This 30 minute assessment will help us workout which exercise intensity suits your body the best. Some people actually burn more body fat doing lower intensity training and their current level of health would be more suited to slower/ longer duration training. You'll come out of this test knowing how healthy your heart and lungs are too.



FAST LIFESTYLE ASSESSMENT

Over the 10 years FAST has been transforming bodies and lives we've helped 1000's of clients make practical changes to things such as stress level, mental clarity, happiness, productivity and confidence. We'll take a look at what you can routinely do to enhance your performance in these areas.



FAST BODY MAP

Shoulder Strength

1 2 3 4 5

Weakness |

Restriction |

Pain |

Torso Twist

1 2 3 4 5

Weakness |

Restriction |

Pain |

Toe Touch

1 2 3 4 5

Weakness |

Restriction |

Pain |

Bodyweight Squat

1 2 3 4 5

Weakness |

Restriction |

Pain |

Comments:

Breathing Assessment:

Does the client breathe following the 1/3 - 2/3 rule? YES NO

Do they cycle their breathing through Nose to mouth? YES NO

Does breathing for them require effort? YES NO

Can they inflate their lower abdominal cavity? YES NO

The Drills: Box Breathing Completed? YES NO

Comments:



FAST BODY MAP

Compression Assessment:

- Are the clients ankles compressed? YES NO
- Are the clients toes compressed? YES NO
- Are the clients wrists compressed? YES NO
- Are the clients fingers compressed? YES NO
- Do they stand with a forward tilting head? YES NO

What were the biggest changes from decompressing these areas?

Comments:

How much change did the client report from completing the assessment:

Strength:

None at all Some mild differences Significant change Wow

Strength:

None at all Some mild differences Significant change Wow

Range of motion:

None at all Some mild differences Significant change Wow

Prescription:



FAST BODY FAT

Body Fat Assessment:

LEAN MASS kg %

HEALTHY FAT kg %

EXCESS FAT kg %

Health Status:

Athletic

Morbid Obesity

1 2 3 4 5 6 7 8 9 10

Waist Circumference cm

Thigh Circumference cm

Chest Circumference cm

Basal Metabolic Rate cals

What does the client want to achieve:

INCREASE LEAN MASS kg %

DECREASE BODY FAT kg %

INCREASE OVERALL MASS kg %

What are the recommended amount of Calories and Macronutrients to achieve this:

CALORIES

PROTEIN

CARBOHYDRATES

FATS

Prescription:



FAT MAX

Which test is the client doing:

Sub Maximal VO2 Assessment

VO2 Max Assessment

RPE for test:

Very easy

Maximal

1 2 3 4 5 6 7 8 9 10

Heart Rate Data:

What is the clients resting heart rate:

BPM

What was the clients max heart rate during the test:

BPM

What is the clients Maximum Fat Burning heart rate range

BPM

What is the Clients Predicted VO2 Max

ml/kg/min

State of Cardiovascular Health:

Needs immediate attention

Great

Sub optimal

Elite

Average

At beats per minute the client burns cals of fat per hour.

It will take the client min/hours to burn 1 lb of body fat from exercise.

Clients fat loss goal Time Frame for goal

Hours of Exercise needed per week

Prescription:



LIFESTYLE

In the course of the last two weeks

1. The whole time
2. Usually More than the half of the time
3. A little less than half of the time
4. Once in a while
5. Never

I was happy and in a good mood	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I felt calm and relaxed	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I was full of energy and felt active	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I felt fresh and relaxed when I woke up	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
My day was full of things which interested me	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I said nice things about my body	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I got my work done and felt I'd been productive	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I stopped and rested	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I had enough time for the things I wanted to do	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I took time for myself	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I was creative	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>
I was in the here and now	1	<input type="radio"/>	2	<input type="radio"/>	3	<input type="radio"/>	4	<input type="radio"/>	5	<input type="radio"/>

SCORE /120

Recommendation:

Prescription:

Habit change:



SUMMARY

From completing the FAST HEALTH MOT
the recommendations from my health coach are:

FOOD :

FITNESS :

FOCUS :

NEXT STEP/ REASSESSMENT/ OPTIONS/ TIME FRAME:

SIGNED COACH

Fast Health Coach

SIGNED CLIENT

I have read and understood all recommendations given to me by the FAST Health Coach to improve my health, lifestyle and fitness. I understand that before making any immediate changes to my lifestyle that I am unsure about I should consult my General Practitioner.