2 Minute Step Test
Client Profile

| Name: | Age: | Gender: | Height: | Weight: | Resting Heart Rate: |
| :---: | :--- | :--- | :--- | :--- | :--- |
| Alexa Santibañez | 35 | Female | $5^{\prime \prime 11 "}$ | 170 lbs | 72 bpm |

2-Minute Step Test Results

| Date: | Time: | Number of Steps Completed: | Heart Rate Immediately <br> After Test: | Time for Heart Rate to Return to <br> Resting: |
| :---: | :---: | :--- | :--- | :--- |
| $03 / 10 / 23$ | $8: 30$ AM | 150 | 136 bpm | 30 secs |
| $03 / 15 / 23$ | $2: 00$ PM | 175 | 142 bpm | 40 secs |
| $03 / 20 / 23$ | $9: 15 \mathrm{AM}$ | 200 | 152 bpm | 44 secs |
|  |  |  |  |  |
|  |  |  |  |  |

Interpretation

| Heart Rate Recovery Time: | Fitness Level: |
| :--- | :--- |
| Less than 15 seconds | Excellent |
| $15-30$ seconds | Good |
| $30-45$ seconds | Average |
| $45-60$ seconds | Poor |
| More than 60 seconds | Very Poor |

## Notes:

- Based on Alexa's results, her heart rate recovery time falls within the "average" range. This indicates that he has an average level of cardiovascular fitness.
- Encouraged to do more cardiovascular exercises to improve heart rate recovery time.

