

2 Minute Step Test

Client Profile

Name:	Age:	Gender:	Height:	Weight:	Resting Heart Rate:

2-Minute Step Test Results

Date:	Time:	Number of Steps Completed:	Heart Rate Immediately After Test:	Time for Heart Rate to Return to Resting:

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:

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