



PHYSICAL FITNESS CALCULATOR

# MEASURING YOUR physical fitness

A simple five-minute test designed for men and women to measure physical fitness and to predict their ability to sustain arduous work.

This fitness evaluation, developed by the Missoula Equipment Development Center, is designed for men and women of all ages. The test predicts the maximal ability to take in, transport, and utilize oxygen, the maximal oxygen intake or aerobic capacity — the best measure of physical fitness. Based on concepts developed by Swedish physiologists, the test and scoring calculator were proven in tests conducted at the Human Performance Lab., University of Montana, and in field tests involving thousands of Forest Service employees. Persons with known heart ailments or serious respiratory problems should not take the test without physicians approval.

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