# Physical data registration (1)

| Student | Length (m) | Weight (Kg) | Ideal weight (Kg) | BMR (Kcal ) | BMI | BMI result | Body Fat (%) | Body Fat result | Activity (Exercise) | Energetic needs (Kcal) | What do you think about your physical data? |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **1. Iced tea (Spain)** | 1.68 | 73 | 45-63 | 1710 | 25.9 | | 17.4 | | Light | 2531 | |
| **2. Cofee (Spain)** | 1.70 | 57 | | 1563 | 20 | | 20 | | | | |
| **2. Juice (Spain)** | 1.80 | 60 | 53.5-75.8 | 1655 | 18.5 | | 6.6 | | Moderate | 2800 | Is good, because I eat healthy and do exercise |
| **4. Bean (Spain)** | 1.80 | 55 | | 1605 | 17 | | | | | | |
| **5. Apple (Spain** | 1.75 | 57 | 68.9 | 1774 | | | 6.3 | 11.1 | Moderate | | Good, but I will improve them |
| **6.** | | | | | | | | | | | |
| **7.** | | | | | | | | | | | |
| **8.** | | | | | | | | | | | |
| **9.** | | | | | | | | | | | |
| **10.** | | | | | | | | | | | |
| **11.** | | | | | | | | | | | |
| **12.** | | | | | | | | | | | |
| **13.** | | | | | | | | | | | |
| **14.** | | | | | | | | | | | |
| **15.** | | | | | | | | | | | |
| **16.** | | | | | | | | | | | |
| **17.** | | | | | | | | | | | |
| **18.** | | | | | | | | | | | |
| **19.** | | | | | | | | | | | |
| **20.** | | | | | | | | | | | |
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# Physical data registration BOYS (2)

| Student | Blood pressure | RHR (Resting heart rate) | HR max (Maximum heart rate) | HRR (Heart rate reserve) | Healthy activity zone for training 60% (beats/min) | Healthy activity zone for training 85% (beats/min) | Healthy heart rate range for doing sport | Compare the data with your mates. Do you feel fit? |
|---|---|---|---|---|---|---|---|---|
| **1. Iced tea (Spain)** | | 58 | 198.2 | 140.2 | | | | It can be better if I do more exercise because I eat a balanced diet |
| **2. Cofee (Spain)** | | 80 | 206 | 126 | 156 | 180 | 156-180 | |
| **2. Juice (Spain)** | | 58 | 208 | 193.4 | 118.5 | 167.87 | 118-167 | |
| **4. Bean (Spain)** | | | | | | | | |
| **5. Apple (Spain)** | | 60 | 205 | | | | | |
| **6.** | | | | | | | | |
| **7.** | | | | | | | | |
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| **9.** | | | | | | | | |
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| **14.** | | | | | | | | |
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| **16.** | | | | | | | | |
| **17.** | | | | | | | | |
| **18.** | | | | | | | | |
| **19.** | | | | | | | | |
| **20.** | | | | | | | | |
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