# LIFESTYLE, BODY COMPOSITION & CARDIOVASCULAR PROFILE OF GUJARATI ADOLESCENTS

## Proforma

<table>
<thead>
<tr>
<th>Subject No.: _____</th>
<th>Date: ______</th>
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<tbody>
<tr>
<td>Name:</td>
<td>Age: _____ Yrs Gender: M / F</td>
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1. H/O Any Current illness: _____________________________________________________

2. Past History: ________________________________________________________________

3. Family History: _____________________________________________________________

4. Sexual Maturation:
   - Current Tanner Stage of Puberty: ______

5. Diet
   - 1. Meal Frequency: ______/day
   - 2. Type of Diet: Veg./Mixed

6. Sleep
   - 1. Sleep Duration (in Hours) at Night: ______
   - 2. H/O Snoring: Yes/No
   - 3. H/O Day Time Sleepiness: Yes/No

7. Physical Activity Level:

   **CURRENT PHYSICAL CONDITION:** Please check only one to rate your current physical fitness level.

   **I. I don't participate regularly in programmed recreation sport or physical activity:**
   - A. Avoid walking or exertion (e.g. always use elevator, drive whenever possible instead of walking)
   - C. Walk for pleasure, routinely use stairs, occasionally exercise sufficiently to cause heavy sweating or perspiration.

   **II. I participate regularly in recreation or work requiring modest physical activity, such as golf, horseback riding, calisthenics, gymnastics, table tennis, bowling weight lifting, or yard work:**
   - C. 10 to 60 minutes per week
   - C. Over one hour per week

   **III. I Participate regularly in heavy physical exercise (such as running or jogging, swimming, cycling, rowing, skipping rope, running in place) or engage in vigorous aerobic type activity (such as tennis, basketball, or handball):**
   - C. Run less than one mile per week or spends less than 30 min per week in comparable physical activity.
   - C. Run 1 to 5 miles per week or spends 30 to 60 min per week in comparable physical activity.
   - C. Run 5 to 10 miles per week or spends 1 to 3 hours per week in comparable physical activity.
   - C. Run over 10 miles per week or spends over 3 hours per week in comparable physical activity.
8. ANTHROPOMETRIC MEASURES:

1. Weight Kg
2. Height m
3. Body Fat % %
4. Waist Circumference cm

9. CARDIOVASCULAR PROFILE:

1. Resting Pulse Rate & Blood Pressure Profile:

<table>
<thead>
<tr>
<th>Variables</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>Pulse Rate Pulse/min.</td>
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<td></td>
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<tr>
<td>Systolic mmHg</td>
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<tr>
<td>Diastolic mmHg</td>
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2. Cornell Voltage on ECG (RaVL + SV3, +8mm in women): ________mm

3. QRS Duration: _____ sec (Normal Range: 0.04 to 0.12 sec): _______msec

4. Cornell Voltage Duration Product (CVDP): ________mm.msec

5. Blood Pressure Response To Sustained Handgrip at 30% Maximum Voluntary Contraction (30% MVC):

   MVC (Kg): 1.____ 2.____ 3.____ Avg.____

   30% MVC (Kg): ________

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<th>Reading</th>
<th>0 min.</th>
<th>1 min</th>
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