

The Tomorrow Project

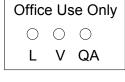
Albertans Studying the Connection Between Lifestyle and Cancer

In partnership with:

The Canadian Partnership for Tomor poject

Physical Measures Recording Booklet

id'il R	
Tester ID OC Humidity .	%
Date (DD/MM/YYXX) / / / / / / / / / / / / / / / / / /	
SOP Version:	







Comments:	
	16

Blood Pressure and Resting Heart Rate

	Contraindic	ations	
Prior arm, chest or breast surgery	O No O	Yes 🖂	If both left and right NO blood pressure
Arteriovenous shunt	ONO O	Yes —	If both left and right NO blood pressure
Lymphadenectomy	O No O	Yes 🔛	If both left and right NO blood pressure
Arm used	d for me (sureme	-7	O right
5 minutes sitting and resting	TEST PROCE		2 minutes sitting and resting
Systolic Blood Pressure Trial 1: mmHg Tr	rial 2:	mmHg	Trial 3: mmHg
Diastolic Blood Trial 1: mmHg mmHg	rial 2:	mmHg	Trial 3: mmHg
Heart Rate Trial 1: BPM Tr	rial 2:	ВРМ	Trial 3: BPM
Equipment serial num	nber		



Sitting Height

Wheelchair	CONTRAINDICATIONS O No O Yes Arm s	span ONLY
Trial 1:	cm Trial 2: cm Trial	3: cm
Take a 3rd measur	rement if the first two measurements differ	more than 1cm.
Equipment s	serial number	Š
<u>Sta</u>	nding Height and Arm Spar	4
Wheelchair	CONTRAINDICATIONS ONO OYes Arm	n span ONLY
	TEST PROCEDURE	
Standing Height Trial 1:	Trial 2: cm Trial :	3: cm
Arm Span (ONLY it in w	vheelchair)	
Trial 1:	cm Trial 2: cm Trial 3	3: cm
Take a 3rd measu	rement if the first two measurements differ	by more than 1cm.
Equipment s	serial number	



Waist and Hip Circumference

CONTRAINDICATIONS Wheelchair ○ No ○ Yes → NO hip measurement						
	VVIICCIO	i i a ii			> No hip incasurement	
	. 0:		TEST PR	ROCEDURE		
Wais Trial	1: 1:	cm	Trial 2:	cm	T . cm	
Нір (Circumfe	rence		X'	0	
Trial	1:	cm	Trial 2:	Om	Trial 3: cm	
	Take a	a 3rd measurem	ent if the first two	neasuremen	nts differ by more than 1cm.	
		Equipment seria	al number			
		•_(<u>Grip</u>	Strength		
				N.D.I.G.I. SOL	TO.	
Arth	hritis, tend adrome or	dinitis of carpal t prior hand surg	unnel O No	INDICATION O Yes	NS NO grip strength	
	C	7,	TEST N	OCEDURE		
Righ	ht Hand	40 ,	Trial 1:	. Kg	Trial 2: Kg	
Left	Hand	~	Trial 1:	. Kg	Trial 2: Kg	
		Equipment seria	ol number			
		Equipment Sena	II Hallibel			



Weight and Percentage Body Fat

CONTRAINDICATIONS							
Pregnant	O No	O Yes		Weight ONLY,SECA scale			
Pacemaker	O No	O Yes		Weight ONLY, SECA scale			
Defibrillator or stent	O No	O Yes		Weight ONLY, SECA scale			
	TEST	PROCE	URE	\$			
Weight			X	O			
Trial 1: Kg	Γrial 2:		Z k	Kg Trial 3: Kg			
Take a 3rd measurement if the firs	t two mea	suremer	nts diffe	r by more than 0.2Kg.			
Equipment serial n	umber		74				
BMR-Basal Metabolic Rate		N					
Trial 1: KJ	Trial 2		A	KJ Trial 3:			
Impedance	(1)		30				
Trial 1: Ω	Trial 2:		Ω	Trial 3: Ω			
Fat %							
Trial 1: .	Trial 2:		%	Trial 3:			
TBW - Total body water	7						
Trial 1: Kg	Trial 2:			Kg Trial 3: Kg			
Take a 3rd measurement if the first	st two bod	y fat mea	asurem	ents differ by more than 0.2%.			
Equipment serial n		 	<u> </u>				



Heel Bone Ultrasound

~Allergic to rubbing alcohol ~Previous fracture in leg, foot, heel ~Previous injury to leg, foot, heel that prevented use for at least a month ~Metal implant (pin) in heel	O No O No O No O No O No	O Yes O Yes O Yes O Yes O Yes		NO ultrasound O left O right O left O right O left O right
Dominant Hand Indicate which foot used for	this mea	asurement	O left O ri	~
	T PROC	CEDURE	5	•
Stiffness index Trial 1: Trial 2:		7 26	Trial 3:	
Take a 3rd measurement if the first two s	tiffness	index measure	L ements diffe	er by more than 5.
Percentage Young Adult		Ç,	O	
Trial 1: % Trial 2:] _% (O	Trial 3:	%
T SCORE	•	X		
Trial 1: Fial 2:	Z		Trial 3:	
Percentage Age Matched	O	-0		
Trial 1: 6 may 2			Trial 3:	%
Z SCORE	Y	•	_	
Trial 1: Trial 2:			Trial 3:	
BUA		_	г	
Trial 1:			Trial 3:	
sos				
Trial 1: Trial 2:			Trial 3:	
Equipment serial number				
Time Completed		24 hour	clock	Page 6