



THE SCOTT CENTERTM

for clinical and exercise psychology

Wellness Assessment Summary

Physical Fitness

Measurement	Current	Goal
VO2 Max		
Weight		
Body Fat %		
Hydration		
Bone Mass		
Muscle Mass		
Visceral Fat		

Nutritional Fitness

Measurement	Current	Goal
Resting Metabolic Rate		
Metabolic Age		
Calories		
Carbohydrate		
Protein		
Fat		
Sodium		
Fiber		
Nutri-Q		

Psychological Fitness

Factor	Rating	Description of Needs Improvement Scores
Stress		
Health Habits		
Exercise		
Rest/Sleep		
Eating/Nutrition		
Prevention		
Social Support		
Type A Behavior		
Cognitive Hardiness		
Positive Appraisal		
Negative Appraisal		
Threat Minimization		
Problem Focus		
Psychological Well-Being		

