



Fitness Assessment

Name:	
Date of Assessment:	

Current Weight		Weight last assessment		Difference
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Girth Measurements	
Chest:	Arm (R):
Waist:	Thigh (R):
Hips:	Waist-to-Hip Ratio (WHR):
	Waist/Hip Rating:

Muscular Endurance	
Sit ups in 1 minute:	Result:
Push ups in 1 minute:	Result:
Squats in 1 minute:	Result:
Plank held for:	Result:
Wall Squat Hold for:	Result:

Comments