

Fitness Assessment Form

PERSONAL INFORMATION

Name			
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> Other
Pre Test Date		Post Test Date	

STRENGTH

	PRE TEST	POST TEST	DIFFERENCE
Push Ups: Max number of consecutive push ups (from toes or incline) in one minute			
Goblet Squats: Max number of goblet squats in one minute Weight used: _____			
Forearm Plank: Hold forearm plank until failure			
*Optional Pull Ups: Max number of consecutive pull ups (unassisted or banded) in one minute			

AEROBIC

	PRE TEST	POST TEST	DIFFERENCE
Burpees: Max number of consecutive burpees (chest to floor) in one minute			
*Optional 1km Run: Fastest timed 1km run			

BODY COMPOSITION

	PRE TEST	POST TEST	DIFFERENCE
*Optional weight measurement			
*Optional body fat test: 7-point harpenden			