

Fitness Assessment Form

Name	Date	lbs. _____	THR _____	BP _____
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Skinfold

Triceps		
Pectoral		
Midaxillary		
Subscapular		
Abdomen		
Suprailiac		
Quadriceps		

Girths (Circumferences)

Neck	
Chest	
Waist	
Hip	
Thigh	
Calf	
Arm	
Forearm	
Shoulders	



Waist-to-Hip

Waist	Hip	Waist / Hip

Bioelectrical Impedance Reading _____ % Body Fat

Cardiovascular

Step Test (1min)	Step Test (3min)	Treadmill	1 Mile Walk
BPM:	BPM:	BPM:	BPM:

Muscular Strength & Endurance

Bench Press (1rm)	Bench Press (10rm)	Leg Press (1rm)	Leg Press (10rm)	Push Up	Partial Sit-up

Flexibility

Sit and Reach	Shoulder	Hip	Hip Flexors	Hamstrings