



ASSESSMENT SHEET

Assessment Date				
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GIRTH MEASUREMENTS

Right arm				
Left arm				
Chest				
Waist				
Hips				
Right thigh				
Left thigh				
Height				

HEALTH INDICATORS

Weight				
Body fat % Tanita scales				
Blood press.				
Heart rate				
Waist/hip ratio				
Body Mass Index				

CARDIO

Tread Mill 800mtrs				
Rower 500mtrs				
Bike Dist .5				

ROM

Shoulders				
Hips				
Torso				

CORE STABILITY

Pelvic Tilt				
Plank Hold				
Two Legged Bridge				
Alternate Superman				

FLEXIBILITY

Sit and Reach				
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COMPOUND EXERCISE TECHNIQUE

Squat				
Lunge				
Chest Press				
Lat Pull Down				