

FITNESS TEST EVALUATION & PROGRESS SHEET

itness In	Name:					Date:				
		Age:	_ Sex:	M F	Height:	in.		Desired We	eight	lbs
	Resting BP:	/	_	Resting F	IR:	bpm		Max HR: _		_bpm
	Target HR Range:	60%	bpm		70%	bpm		85%	bpm	
	MEASUREMENTS									
		Initial Eval. Date	Progress Dates	T	1	r				T
	Chest									
	Waist									
	Hips									
	Right Upper Arm									
	Right Thigh									
	Right Calf									
	Weight									
Percentage Body Fat	Omron									
Flexibility	Sit & Reach Test									
Muscle Strength & Endurance	Push Ups: modified/full body									
Cardiorespiratory Endurance	Step Test / Treadmill / Bike									