

PERSONAL ASSESSMENT

NAME _____

Course: 212 H/F 145 Fit 1 146 Fit 2 118 Phyc 124 WL 125 Int WL

Female Male

Instructor _____

		PRE	POST	Δ +/-	
	Date	_____	_____	_____	Feedback
	Age	_____	_____	_____	
	Height	_____	_____	_____	
1	Vitals				
	Weight	_____	_____	_____	
	Blood Pressure	____/____	____/____	_____	
	Resting Pulse	_____	_____	_____	
1	Respiration				
	Vital Capacity	_____	_____	_____	
	Classification	_____	_____	_____	
	O ² Saturation	_____	_____	_____	
5	Flexibility				
	Sit & Reach	_____	_____	_____	
	Classification	_____	_____	_____	
2	Body Composition				
	BMI	_____	_____	_____	
	Body Fat%	_____	_____	_____	
	Fat	_____	_____	_____	
	Lean Body Mass	_____	_____	_____	
	Metabolic Rate	_____	_____	_____	
3	Torso Measurements				
	Rt. Bicep	_____	_____	_____	
	Lt. Bicep	_____	_____	_____	
	Bust/Chest	_____	_____	_____	
	Waist	_____	_____	_____	
	Abdomen	_____	_____	_____	
	Hips	_____	_____	_____	
	Rt. Thigh	_____	_____	_____	
	Lt. Thigh	_____	_____	_____	
	Rt. Calf	_____	_____	_____	

	<u>PRE</u>	<u>POST</u>	<u>Δ +/-</u>
Bench Step	_____	_____	_____
2 min. Step(p/s)	____/____	____/____	_____
Classification	_____	_____	_____
O ² Saturation	_____	_____	_____

Feedback

4 Cardio

4 Your CV Exercise Training Zone

50%	_____	_____	_____
60%	_____	_____	_____
70%	_____	_____	_____
85%	_____	_____	_____

Other: