



### Fitness Assessment Data Entry

**Assessment Data for:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

#### **Weight**

Body Weight: \_\_\_\_\_ lbs.

#### **Height**

\_\_\_\_\_ in.

\_\_\_\_\_ ft. \_\_\_\_\_ in.

#### **Age**

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_      \_\_\_\_\_ years

#### **Blood Pressure**

Systolic: \_\_\_\_\_ Diastolic: \_\_\_\_\_ Resting Heart Rate: \_\_\_\_\_

#### **Partial Curl-Up**

Total Repetitions in 1 min: \_\_\_\_\_

#### **Push-Up Test**

Total Repetitions without rest: \_\_\_\_\_

#### **Sit-Reach Hip Flexion**

\_\_\_\_\_ in.

#### **Wall Sit**

\_\_\_\_\_ seconds held

#### **Body Circumference**

Waist: \_\_\_\_\_ in.      Hips: \_\_\_\_\_ in.