

Fitness Assessment

Name:

Age:

Gender:

Contact Number:

Email:

Address:

1. Height:

2. Weight:

3. Body measurements (optional):

4. Resting heart rate (if available):

5. Blood pressure (if available):

6. Flexibility level (e.g., can you touch your toes without bending your knees?):

7. Strength level (e.g., can you perform a certain number of push-ups, squats, etc.):

8. Cardiovascular endurance (e.g., can you walk/run a certain distance or time without stopping?):

9. Any other relevant fitness metrics:

Additional Comments or Concerns:

Is there anything else you would like to share about your health, fitness, or lifestyle that may be helpful for your personal trainer to know?