



Fitness Assessment Data Sheet

START

Name _____ Date _____

Age _____ Wt. _____ HT. _____ RHR _____ BP _____

Skinfolds:	WOMEN	MEN
	<i>Triceps</i>	<i>Pectoral</i>
	<i>Suprailiac</i>	<i>Abdomen</i>
	<i>Thigh</i> :	<i>Thigh</i> :
<i>Sit and Reach:</i> _____, _____, _____		
Estimated % Body Fat _____ BEI _____		
BMI _____		
Circumferences(inch):		
Waist _____	Hip _____	Thigh R _____ L _____
Upper arms R _____	L _____	Other _____

Assessed by: _____

FINISH

Date _____

Age _____ Wt. _____ HT. _____ RHR _____ BP _____

Skinfolds:	WOMEN	MEN
	<i>Triceps</i>	<i>Pectoral</i>
	<i>Suprailiac</i>	<i>Abdomen</i>
	<i>Thigh</i> :	<i>Thigh</i> :
<i>Sit and Reach:</i> _____, _____, _____		
Estimated % Body Fat _____ BEI _____ / _____ / _____		
BMI _____ / _____ / _____		
Circumferences(inch):		
Waist _____	Hip _____	Thigh R _____ L _____
Upper arms R _____	L _____	Other _____

Assessed by: _____

Upper Arms: _____ Waist: _____ Hip: _____ Thigh: _____

Total inches Lost: _____ Total Bodyfat Loss: _____ Total Weight Loss: _____

	DATE	WT	BF%
Start			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
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26			