

SUFFER AND SERVE TRAINING CO.

Client Info

Full Name:

Department:

Years in Service:

Physical Metrics

Height:

Weight:

Strength

Bench 1RM:

Squat 1RM:

Deadlift 1RM:

Work Capacity

Air Time (SCBA):

1.5 Mile Run Time:

Bodyweight

Max Pull-Ups:

Max Push-Ups:

Max Sit-Ups:

Nutrition

Pre Workout:

Post Workout:

Fireground

Role:

Weaknesses:

Goals:

Sign

Signature:

Date:

