



FRU FIT Client Assessment

Full Name:	
Date of Birth:	
Email:	
Phone Number:	

<u>Weight :</u>		<u>Weight :</u>	
<u>Body Fat %:</u>		<u>Body Fat %:</u>	
<u>BMI:</u>		<u>BMI:</u>	

Measurements

<u>Waste:</u>		<u>Waste:</u>	
<u>Hips:</u>		<u>Hips:</u>	
<u>Chest:</u>		<u>Chest:</u>	
<u>Arms:</u>		<u>Arms:</u>	

Patrice A. Jones

Certified Master Personal Trainer, AAI

Contact: 202-766-5491 & Email: PatriceFruFit@gmail.com

Training Location: 7828 Parston Drive, District Heights, MD 20747

FACEBOOK: Facebook.com/FruFitAffordableFitness

INSTAGRAM: @fru_fit_affordable_fitness

YouTube: YouTube.com/PatriceFruFit

Twitter: Twitter.com/FruFit