

Fitness Testing Record

Name:

DOB:

FITNESS TESTS		TEST 1 DATE:		TEST 2 DATE:	
		RESULTS	RATING	RESULTS	RATING
Resting heart rate					
Blood Pressure					
Height					
Weight / BIA					
BMI (W/H ²)					
GIRTHS	Bicep				
	Chest				
	Waist				
	Hips				
	Thigh				
Waist to Hip Ratio					
SKINFOLDS	Subscapular				
	Triceps				
	Biceps				
	Suprailiac				
Sum of four skinfolds					
Cardiovascular Fitness					
Muscular Fitness					
FLEXIBILITY	Lying Hamstring				
	Hip Flexor -Thomas				
	Shoulder Flexion				
	Sit and Reach				
Postural Concerns					
Recommendations:					