



Client Fitness Assessment Form

Member /Client: _____ Coach: _____ Date: _____

Age	Weight (lbs)	Height (in)	Body Fat %

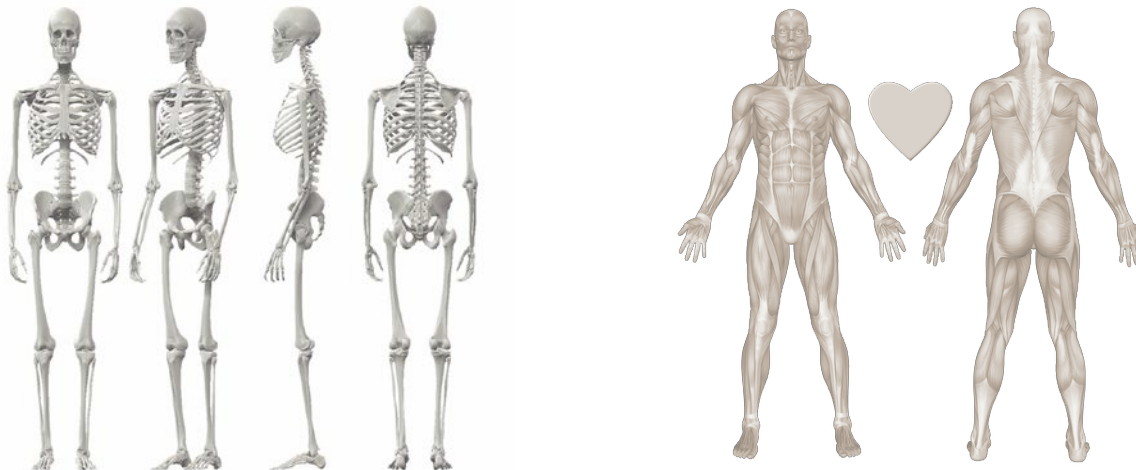
Note: before starting the fitness assessment, be sure to let the client to stretch out and take a few moments to warm up. Ask them to wear comfortable sneakers that offer foot support and comfortable clothing that is easy to move in, but not baggy. To do this test you will need:

- Clear floor space
- Chin up bar for bent arm hangs or pull-ups or Pull Down bar as an alternative
- Mat or towel for crunches
- Stopwatch
- Heart Rate Monitor
- 12-inch step

Body Measurements: (right side only)

Forearm	Bicep	Chest	Waist	Abdomen	Hips	Thigh	Calf

Postural Analysis: (Use Arrow to Indicate direction of imbalance)



Coach Notes:



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Flexibility Test (observe the form)

Test	Exercise/Ability	Needs Improvement	Moderately	With Ease	Notes
1	Push-ups				
2	Squats				
3	Overhead Press				
4	Pull Down (1/3 BW)				
5	Rowing				
6	Crunches				
7	Broad Jump				

Strength Test (Please refer to the protocol on the next page)

Test	Exercise/Ability	1 to 20	21 to 40	41 to 60+	Notes
1	Push-ups				
2	Squats				
3	Pull Ups				
4	Pull Down (1/3 BW)				
5	Crunches				
6	Dead Hang (seconds)				
7	Bench Step Test				

Cardiovascular Function: (sub maximal test)

Client Heart Rate Zones: % of Max HR	
Zone 1 : 60-65% (Recovery)	
Zone 2 : 65-75% (Endurance)	
Zone 3 : 72-82% (Aerobic)	
Zone 4 : 82-89% (Anaerobic)	
Zone 5 : 90+% (Speed Anaerobic)	



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Protocol

Proper Form for Push-ups: Proper form for Push-ups: Get on all fours, and place your hands on the floor slightly wider than and in line with your shoulders. Your body should form a straight line from your ankles to your shoulders. Draw your abs inward as tight as possible and keep them contracted for the entire exercise. Lower your body until your chest nearly touches the floor (6 inches from the ground, comparable to the size of a fist). Pause, and then push yourself back to the starting position.

1. Set your timer for 1 minute
2. Begin doing push-ups
3. When the timer stops, enter in the number of push-ups you completed.

Note: Push-ups performed with knees on the floor cannot be counted for this test. If a participant is unable to complete one regular push-up, the score should be entered as "0"

Proper Form for Pull-ups: Step up and grasp a pull-up bar with an overhand, shoulder-width grip. Pull yourself up until the chin clears the bar. Be sure to pull through the elbows while keeping the head position neutral and eyes forward. Lower the body until shoulders and arms are fully extended and in the starting position.

1. Set your timer for 1 minute
2. Begin doing pull-ups
3. When the timer stops, enter in the number of pull-ups you completed

Proper Form for Squat: Stand as tall as you can with your feet shoulder-width apart, toes pointed straight ahead. Keep arms in front of you at chest height to help maintain balance. Drop your hips and sit back until your thighs are parallel with the floor. Pause, then drive through the whole foot and lift body upwards back to the starting position, squeezing the glutes at the top of the movement.

1. Set your timer for 1 minute
2. Begin doing squats continually, but stop if:
 - You reach 44 reps (females) or 50 reps (males)
 - The timer is done
 - If timer has not stopped, but you have to pause for more than two seconds between reps (*For example, if you have completed 30 squats, the timer has not gone off, but you can no longer do a squat without resting for two seconds, then you must stop doing squats and 30 will be the number you enter*).
3. When you are done, enter the# of squats you were able to complete.

Proper Form for Crunches: Lie flat on your back, placing your hands across your chest. Bring your feet close to your glutes so your knees are bent and your feet are flat on the ground. Tighten your abs and lift your shoulders and upper back off of the ground. Pause, and then return to the starting position.

1. Set your timer for 1 minute
2. Begin doing crunches
3. When the timer stops, enter in the number of crunches you completed



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Proper Form for Bench Test:

- Stand facing your 12-inch step.
- When ready to begin start the stopwatch or timer and begin stepping on and off the step following a cadence of up, up, down, down. Try to keep a pace of 24 sets per minute-you have completed a set when you step up one foot up, step up other foot (so both feet are on box) then lower first foot then other foot (so both feet are on ground). Try to alternate lifting right foot first then left foot first. Continue for 3 minutes.
- When you reach 3 minutes, stop immediately and sit down on your step.
- Perform a manual pulse reading* and count the number of beats for an entire 60 seconds. If wearing a heart rate monitor record your heart rate 1 minute from when you sit down.
 - From WebMD: *You can easily check your pulse on the inside of your wrist, below your thumb. Gently place 2 fingers of your other hand on this artery. Do not use your thumb, because it has its own pulse that you may feel. Count the beats.*
- Record your pulse when you have reached 1 minute and then enter your BPM.

Note: If a participant is unable to complete 3 minutes of continuous stepping, the 1 minute rest will begin when the participant is no longer able to maintain the 24 sets per minute pace. Begin measuring the heart rate after the 1 minute rest.

HR max = Maximum Heart Rate (220-age). Example: 30 years old, 220-30 = 190 bpm (beats per minute)

	TARGET ZONE HEART RATE	EXAMPLE DURATION		
Maximize Performance	VERY HARD 90-100%	LESS THAN 5 MIN	171-190 BPM	BENEFITS: develops maximum performance and speed FEELS LIKE: very exhausting for breathing and muscles RECOMMENDED FOR: fit persons and for athletic training
	HARD 80-90%	2-10 MIN	152-171 BPM	BENEFITS: increases maximum performance capacity FEELS LIKE: muscular fatigue and heavy breathing RECOMMENDED FOR: everybody for shorter exercises
Improve Fitness	MODERATE 70-80%	10-40 MIN	133-152 BPM	BENEFITS: improves aerobic fitness FEELS LIKE: light muscular strain, easy breathing, moderate sweating RECOMMENDED FOR: everybody for moderately long exercises
Lose Weight	LIGHT 60-70%	40-80 MIN	114-133 BPM	BENEFITS: improves basic endurance and fat burning FEELS LIKE: comfortable, easy breathing, low muscle load, light sweating RECOMMENDED FOR: everybody for longer and frequently repeated shorter exercises
	VERY LIGHT 50-60%	20-40 MIN	104-114 BPM	BENEFITS: improves overall health and helps recovery FEELS LIKE: very easy for breathing and muscles RECOMMENDED FOR: weight management and active recovery