

# Personal Training

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## Fitness Assessment Data Sheet

Tester Name \_\_\_\_\_

### Pretest Assessment

Gender \_\_\_\_\_ Age \_\_\_\_\_

Height \_\_\_\_\_ in. \_\_\_\_\_ cm Weight \_\_\_\_\_ lb \_\_\_\_\_ kg

Resting blood pressure \_\_\_\_\_ mmHg Resting heart rate \_\_\_\_\_ beats · min<sup>-1</sup>

### Client Program Goals

*Circle as many as apply:*

Aerobic fitness Weight management Muscular endurance or strength

Other (explain) \_\_\_\_\_

### Body Composition: Skinfold Assessment

Record the sum of 3 skinfold sites in mm (av = average).

Male:

Chest \_\_\_\_\_ av. \_\_\_\_\_ Abdomen \_\_\_\_\_ av. \_\_\_\_\_ Thigh \_\_\_\_\_ av. \_\_\_\_\_

Female:

Triceps \_\_\_\_\_ av. \_\_\_\_\_ Suprailiac \_\_\_\_\_ av. \_\_\_\_\_ Thigh \_\_\_\_\_ av. \_\_\_\_\_

(av = average the two sites)

Sum of 3 sites \_\_\_\_\_ mm  
\_\_\_\_\_ % fat Percentile (rank) \_\_\_\_\_

### Girth Measurement: Waist-to-Hip Ratio

Waist \_\_\_\_\_ av. \_\_\_\_\_ Hips \_\_\_\_\_ av. \_\_\_\_\_ WHR \_\_\_\_\_

### Cardiorespiratory Testing

Protocol \_\_\_\_\_

Predicted max heart rate \_\_\_\_\_ beats · min<sup>-1</sup>

85% max predicted heart rate \_\_\_\_\_ beats · min<sup>-1</sup>

- 1.
- 2.
- 3.
- 4.
- 5.

Cool-down (min)

Maximal oxygen consumption \_\_\_\_\_ ml · kg<sup>-1</sup> · min<sup>-1</sup>

Percentile (rank) \_\_\_\_\_

### Muscular Fitness Testing

*Upper-Body Muscular Endurance*

Choose one test:

Push-up test \_\_\_\_\_ push-ups

Percentile (rank) \_\_\_\_\_

OR

Bench press test \_\_\_\_\_ repetitions

Percentile (rank) \_\_\_\_\_

*Abdominal Endurance*

Curl-up (crunch) test \_\_\_\_\_ curl-ups

Percentile (rank) \_\_\_\_\_

*Flexibility Testing*

Sit-and-reach test (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

Best score \_\_\_\_\_ in./cm (circle one)

Percentile (rank) \_\_\_\_\_