

Personal Training

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⁻¹

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⁻¹

85% max predicted heart rate _____ beats · min⁻¹

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

Cool-down (min)

Maximal oxygen consumption _____ ml · kg⁻¹ · min⁻¹

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) _____