

Client Details	Date:
Name:	



Anthropometry & Body Composition

	Baseline		Post		Change
Weight					
Thigh	L:	R:	L:	R:	
Hip					
Waist					
Chest					
Arm	L:	R:	L:	R:	

Fitness Testing

Exercise	Baseline	Post	Change
6 min walk/ run test: Total laps/ distance	Run: Walk:	Run: Walk:	
Number of press ups in 1- minute	Full: Knees:	Full: Knees:	
Wall sit: Total time			
Front prone hold : Total time	Toes: Knees:	Toes: Knees:	
Side prone hold : Total time	L / R Toes: Knees:	L / R Toes: Knees:	
Number of squats in 2-minutes			

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Hip					
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Chest					
Arm	L:	R:	L:	R:	

Exercise	Baseline	Post	Change
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Wall sit: Total time			
Front prone hold : Total time	Toes: Knees:	Toes: Knees:	
Side prone hold : Total time	L / R Toes: Knees:	L / R Toes: Knees:	
Number of squats in 2-minutes			