

Name: Tom Sawyer

Date: 2022-05-07

Movement	Weight	Notes
Bench	255	
Squat	2200	
Deadlift	305	
Pullups	50	
Push Ups (1 min)		
Sit Ups (1 min)	100	
Max plank time		
Max hang time*		
Broad jump*		
Vertical Jump (CMJ)*	28	
10 yard dash*		

***Typically reserved for athletes**

Mobility

Movement	Good/Bad	Notes
Shoulder		
Deep Squat		
Overhead Squat		

Assessment Report

(410) 288-7765

@wonderflyathletics

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Daily Health Goals

Calories	Protein(g)	Fats(g)	Carbs(g)	Water(oz)	Sleep(hrs)

Additional Notes:

This person is strong

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