

**Name:** Tom Sawyer

**Date:** 2022-05-07

<b>Movement</b>	<b>Weight</b>	<b>Notes</b>
Bench	250	
Squat	225	
Deadlift	300	
Pullups	5	
Push Ups (1 min)		
Sit Ups (1 min)	10	
Max plank time		
Max hang time*		
Broad jump*		
Vertical Jump (CMJ)*	24	
10 yard dash*		

**\*Typically reserved for athletes**

## **Mobility**

<b>Movement</b>	<b>Good/Bad</b>	<b>Notes</b>
Shoulder		
Deep Squat		
Overhead Squat		

## **Assessment Report**

**(410) 288-7765**

**@wonderflyathletics**

**wonderflyathletics.com**

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### **Daily Health Goals**

<b>Calories</b>	<b>Protein(g)</b>	<b>Fats(g)</b>	<b>Carbs(g)</b>	<b>Water(oz)</b>	<b>Sleep(hrs)</b>

### **Additional Notes:**

**This athlete is strong**