| Trainer Name Age Body Weight BODY MEASUREMENT STATS Body FAT % Lean Body Mass FAT Weight Lean Body Weight CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H Sit & Reach Test | | | | I | | I | I | | |
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| Body Weight BODY MEASUREMENT STATS Body FAT % Lean Body Mass FAT Weight Lean Body Weight CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Date | | | | | | | | |
| BODY MEASUREMENT STATS Body FAT % Lean Body Mass FAT Weight Lean Body Weight CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Trainer Name | | | | | | | | |
| BODY MEASUREMENT STATS Body FAT % Lean Body Mass FAT Weight Lean Body Weight CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Age | | | | | | | | |
| Body FAT % Lean Body Mass FAT Weight Lean Body Weight CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Body Weight | | | | | | | | |
| Lean Body Mass FAT Weight Lean Body Weight CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | BODY MEASUREMENT STATS | | | | | | | | |
| FAT Weight Lean Body Weight CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Body FAT % | | | | | | | | |
| CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Lean Body Mass | | | | | | | | |
| CIRCUMFRENCE MEASUREMENTS Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | FAT Weight | | | | | | | | |
| Neck Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Lean Body Weight | | | | | | | | |
| Shoulders (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | CIRCUMFRENCE MEASUREMENTS | | | | | | | | |
| (men only) Chest Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Neck | | | | | | | | |
| Waist (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Shoulders | | | | | | | | |
| (women only) Hip Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | (men only) Chest | | | | | | | | |
| Right Arm Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Waist | | | | | | | | |
| Right Thigh Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | (women only) Hip | | | | | | | | |
| Right Calf HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Right Arm | | | | | | | | |
| HEART RATE AND FLEXIBILITY TEST Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Right Thigh | | | | | | | | |
| Resting Heart Rate 3 Minute Step Test 1 Minute Recovery H | Right Calf | | | | | | | | |
| 3 Minute Step Test 1 Minute Recovery H | HEART RATE AND FLEXIBILITY TEST | | | | | | | | |
| 1 Minute Recovery H | Resting Heart Rate | | | | | | | | |
| | 3 Minute Step Test | | | | | | | | |
| Sit & Reach Test | 1 Minute Recovery H | | | | | | | | |
| | Sit & Reach Test | | | | | | | | |

Notes: