

LIST ALL INJURIES AILMENTS, AND MEDICATIONS:

Date							
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							

Notes: