

# Fitness Assessment

Assessment Data for

AGE

Height

	Date	Date	Date	Date	Date	Date	Date
Blood Pressure							
Systolic							
Diastolic							
Resting Heart Rate							
Body Weight							
Body Fat							
Waist							
Hip							
Other Measurement							
Other Measurement							
Pushup Test							
Half Situp							
Sit-Reach Flexion							