

NOURISH **MOVE** LOVE

FITNESS ASSESSMENT FORM

NAME:	PRE-TEST DATE:	POST-TEST DATE:	
STRENGTH + ENDURANCE			
Push Ups: Max number of consecutive push ups (from toes or incline) in one minute	PRE-TEST	POST-TEST	DIFFERENCE
Goblet Squats: Max number of goblet squats in one minute			
Forearm Plank: Hold forearm plank until failure			
*Optional Pull Ups: Max number of consecutive pull ups (unassisted or banded) in one minute			
AEROBIC FITNESS			
Burpees: Max number of consecutive burpees in one minute	PRE-TEST	POST-TEST	DIFFERENCE
*Optional 1-Mile Run: Fastest timed mile run			
FLEXIBILITY + MOBILITY			
Ankle Mobility: Start one fist plus thumb away from the wall. Measure inches from wall for both right/left	PRE-TEST	POST-TEST	DIFFERENCE
Shoulder Angels: Can you complete 10 full-range reps without any discomfort, keeping constant contact with wall			
90/90 Hip Rotations: Can you complete 10 full-range reps without any discomfort			
Couch Stretch: Can you get butt to heel without pain on both the left and right sides			
OPTIONAL: BODY COMPOSITION			
Weight:	PRE-TEST	POST-TEST	DIFFERENCE