

Name \_\_\_\_\_

Age \_\_\_\_\_

Weight at start of program \_\_\_\_\_

Goal Weight \_\_\_\_\_

Program (please circle)                      5 x 60                      5 x 30                      3 x 45

**Measurements:**

R Bicep/ Tricep \_\_\_\_\_

L Bicep/ Tricep \_\_\_\_\_

R Thigh \_\_\_\_\_

L Thigh \_\_\_\_\_

Hips \_\_\_\_\_

Waist \_\_\_\_\_

Chest/Back \_\_\_\_\_

- **Please take a before picture. I don't need the before until the end with your after, but you can send to me now if you prefer.**

**Fit Test**

- **Rest 30 seconds – 1 minute between each test (note your rest time)**

3 minute step test\*      Heart Rate after stepping: \_\_\_\_\_

Heart Rate 1 minute after stepping: \_\_\_\_\_

Davies Test\*\*            1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Max Bicycle Crunches in 1 Min. \_\_\_\_\_

Max Burpees in 1 Min. \_\_\_\_\_

Max Squat jumps  
(or squat pulses)  
in 1 Min. \_\_\_\_\_

Max Pushups in 1 Minute \_\_\_\_\_

**What are your goals for this program?**

**What other activity (if any) do you participate in?**

**\* 3 minute step test**

- Begin by setting a metronome to 96 bpm (there are free apps for this).
- Step up on a 12 inch step with an up-up-down-down cadence.
- It doesn't matter which foot leads or if you alternate feet, but both feet must touch the top of the step on the up motion and the floor on the down motion.
- Start the 3 minute timer and begin immediately stepping to the cadence of the metronome
- Record your heart rate immediately after. If doing by holding fingers to wrist, then begin within 5 seconds of finishing and count beats for 1 minute.

**\*\* Davies Test**

- \* Begin by placing two pieces of tape on floor 36 inches apart.
- \* Assume pushup position, with one hand on each piece of tape
- \* Move right hand to left hand

- \* Alternate touching for a total of **15 seconds**.
- \* Record number of line touches.
- \* Repeat 3 times.