



Fitness Evaluation

Name: _____

Start Date: _____

	Week 1	Week 7	Week 13	Week 25	Week 31	Week 37	Week 43
Date							
Body Fat							
Weight							
Cardio (Burpees)							
Upper Body Strength Test							
Lower Body Strength Test							
Muscular Endurance							

Measurements:

	Week 1	Week 7	Week 13	Week 25	Week 31	Week 37	Week 43
Neck							
Chest							
Shoulders							
Waist							
Hips							
Bicep (R)							
Bicep (L)							
Thigh (R)							
Thigh (L)							