



FITNESS ASSESSMENT

FIFTY 5
FITNE 5 5

GENERAL

DATE:

NAME:

OCCUPATION:

LEVEL OF STRESS: 1 2 3 4 5

Where does most of your stress tend to come from?

Do you drink?

Do you smoke?

How often do you eat out?

On average, how many hours of sleep do you get?





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DIETARY HABITS

How many meals do you eat per day?

How many snacks do you eat per day?

What is generally your largest meal of the day?

How many glasses of water do you drink per day?

Estimate of daily caloric intake:

Have you been on any weight loss or diet program before?





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F I T N E 5 5

FITNESS HISTORY

Have you been a member of a gym before? For how long?

When was the last time you exercised regularly?

What have you done in the past for exercise?

Have you reached fitness goals in past? If not, why not?

What are your personal barriers to exercise?

(ie - too tired, lack motivation, no time, too expensive)

How many days a week do you see yourself exercising?





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GOAL SETTING

What is your short term goal (3 months)?

What is your medium term goal (6 months)?

What is your long term goal (1 year)?

Why are these goals important to you?

Any specific body parts you want to target?

When you reach your goals, how will life be different?

How serious are you about achieving your goals?

1 2 3 4 5 6 7 8 9 10





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How serious are you about changing your lifestyle-nutrition habits?

Remember that you will be keeping a food log for one week.

1 2 3 4 5 6 7 8 9 10

3 things you are hoping to learn during your PT session:

1.
2.
3.

BODY MEASUREMENTS

AGE:	<input type="text"/>	WEIGHT:	<input type="text"/>
HEIGHT:	<input type="text"/>	RESTING HR:	<input type="text"/>
CHEST:	<input type="text"/>	RIGHT BICEP:	<input type="text"/>
LEFT BICEP:	<input type="text"/>	WAIST:	<input type="text"/>
HIPS:	<input type="text"/>		





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RIGHT THIGH:
(END OF FINGERTIPS)

RIGHT INNER
THIGH:

LEFT THIGH:
(END OF FINGERTIPS)

LEFT INNER
THIGH:

FLEXIBILITY

STANDING
HAMSTRING FOLD

BUTTERFLY:

WIDE 2ND REACH:

DOWNWARD
DOG:

QUAD STRETCH:

POSTURE
WALL CHECK:

MUSCULAR ENDURANCE

CHEST PUSHUPS
ON TOES

CHEST PUSHUPS
ON KNEES

PLANK:

WALL SIT:





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BACK
EXTENSIONS:

CARDIOVASCULAR

What have you done in past for cardio work?

How long can you run before it feels hard/breathing heavily?

