

FITNESS ASSESSMENT

Fitness assessment form

Complete this before the first session. Your answers are used only to plan your training and to choose safe tests.

RESTING HEART RATE	BLOOD PRESSURE	WAIST-TO-HEIGHT	PUSH-UPS	12 MIN DISTANCE	RETEST DATE
--------------------	----------------	-----------------	----------	-----------------	-------------

1 Client details

FULL NAME	DATE OF BIRTH	DATE OF ASSESSMENT
EMAIL	MOBILE PHONE	ASSESSED BY

2 Goals

What is the main thing you want from training?

 Lose fat	 Build muscle	 Get stronger	 Improve fitness or endurance
 Move without pain	 Prepare for an event	 Build a habit	 Other

WHAT DOES SUCCESS LOOK LIKE IN 12 WEEKS?

3 Activity and training history

DAYS A WEEK YOU ARE ACTIVE NOW	MINUTES PER SESSION	RESISTANCE TRAINING EXPERIENCE
JOB (SITTING, STANDING, ACTIVE)	SLEEP, HOURS A NIGHT	STRESS, 1 TO 5

What do you do now?

☐ Walking ☐ Running ☐ Cycling or swimming ☐ Gym or weights ☐ Classes or sport ☐ Mostly sitting ☐ Other

4 Health and readiness

Tick anything that applies to you now. This is not a medical screening and does not replace one.

- | | |
|--|---|
| ☐ Chest pain or pressure when active or at rest | ☐ Fainting or dizziness |
| ☐ Unusual shortness of breath | ☐ A diagnosed heart, lung, kidney or metabolic condition |
| ☐ Pregnant or gave birth in the last 12 months | ☐ Surgery or an injury in the last 6 months |
| ☐ A joint or back problem activity worsens | ☐ Medication that affects heart rate or blood pressure |
| ☐ None of the above | |

INJURIES, CONDITIONS OR MEDICATION TO KNOW ABOUT	DOCTOR OR SPECIALIST ADVICE
--	-----------------------------

If you ticked anything above, see your doctor before testing and complete the official PAR-Q+ separately (eparmedx.com). Do not run the fitness tests until you have clearance.

MEASUREMENTS AND TESTS

Record every result **with the date**

Record every result with the date. Retest later under the same conditions, at the same time of day.

5 Resting measurements

MEASURE	DATE 1	RETEST	REFERENCE
Resting heart rate bpm, after 10 minutes sitting			Adults 60 to 100 bpm at rest. Well-trained athletes 40 to 60 bpm. Source: MedlinePlus.
Blood pressure mmHg, seated, clinic style			NHS: 140/90 or higher at a clinic, or 135/85 or higher at home, counts as high. Refer, do not diagnose.
Height cm			
Weight kg			
Waist cm, same spot each time			
Waist-to-height ratio waist divided by height			NHS: try to keep your waist size less than half your height (ratio under 0.5).

6 Fitness tests

TEST	DATE 1	RETEST	REFERENCE
Push-ups max full reps, form held			Study of 1,104 male firefighters: over 40 reps had lower CVD risk than under 10 (Yang 2019). Association, not a norm for everyone.
Sit-and-reach cm, best of 3			Fair guide to hamstring flexibility, weak for lower back (Mayorga-Vega 2014). Age and sex norms: Scraler calculator.
12 minute run or walk (Cooper) metres covered			Convert to VO2 max and a fitness category with the Scraler Cooper test calculator.
Plank hold seconds, form held			No norm here. Track your own change.
Bodyweight squat movement quality, 5 reps			Tick what you see below.

Squat movement notes (tick all that apply)

- ☐ Heels lift
 ☐ Knees cave in
 ☐ Trunk leans far forward
 ☐ Lower back rounds
 ☐ Depth limited
 ☐ Pain (where?)
☐ Moves well

Results describe today, not a person. A low number is a starting point. Stop any test if the client feels chest pain, dizziness or unusual breathlessness.

TEST PROTOCOLS

How to run the tests

A short guide so every client is tested the same way, every time.

7 Order of testing

- 1 Screening and history first. Do not test anyone with a tick in the health section until cleared.
- 2 Resting measures. Heart rate and blood pressure after 10 minutes of sitting, before any activity.
- 3 Body measures. Height, weight, waist.
- 4 Warm up, then movement and flexibility. Squat, sit-and-reach.
- 5 Strength endurance. Push-ups, plank.
- 6 Cardio last. 12 minute run or walk, because it leaves the most fatigue.

8 How to run each test

Resting heart rate

Sit quietly for 10 minutes. Count the pulse for 30 seconds and multiply by 2, or count a full minute.

Blood pressure

Seated, arm at heart level, feet flat. Use a validated cuff. Take two readings and write both.

Waist and height

Measure the waist at the same point each time, relaxed, after a normal breath out. Divide waist by height, both in cm.

Push-ups

Hands under shoulders, body in one line. Count full reps until form breaks or the client stops. Use a knee version if needed and note it.

Sit-and-reach

Sit with legs straight, feet against the box. Reach forward slowly and hold. Record the best of 3 in cm.

12 minute run or walk

Flat, measured route or track. Cover as much distance as possible in 12 minutes. Warm up first. Record metres.

Plank

Forearms down, body in one line. Stop the clock when the hips sag or lift. Record seconds.

Bodyweight squat

Feet shoulder width, 5 slow reps, view from the front and the side. Note what you see. Do not coach during the test.

Calculators

scraler.com/tools/cooper-test-calculator, scraler.com/tools/sit-and-reach-test-calculator, scraler.com/tools/vo2-max-calculator, scraler.com/tools/waist-to-height-ratio-calculator

SUMMARY AND PLAN

What the results **show**

9 What the results show

STRENGTHS

AREAS TO WORK ON

ANYTHING TO REFER ON OR CHECK WITH A DOCTOR

10 Plan

TOP 3 PRIORITIES FOR THE FIRST 8 TO 12 WEEKS

SESSIONS PER WEEK

STARTING PROGRAM OR PHASE

RETEST DATE

11 Consent

I confirm that my answers are accurate and complete to the best of my knowledge. I understand I can stop a test at any time, and that the results are for planning my training and are not a medical diagnosis. I agree that my information is stored to deliver my coaching.

Client

CLIENT SIGNATURE

DATE

Coach

COACH SIGNATURE

DATE