

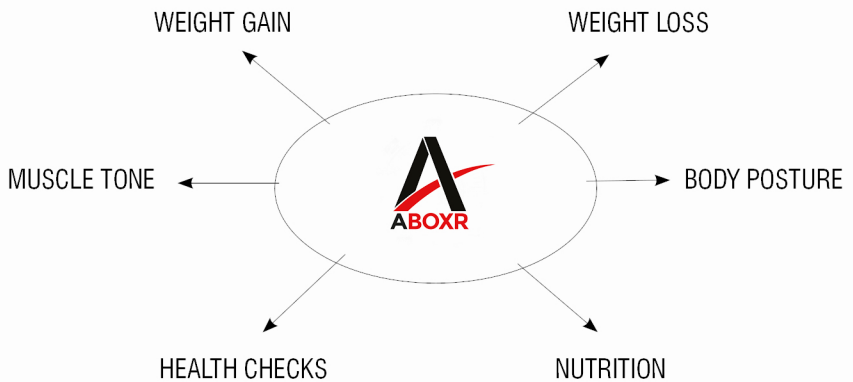


EXERCISE ASSESSMENTS

WWW.ABOXR.CO.UK



PERIODISE YOUR GOAL



HEALTH AND EXERCISE QUESTIONNAIRE

DATE

NAME

ADDRESS

.....

.....

..... POST CODE

EMAIL

.....

CLIENT GOALS

.....

.....

.....

.....

TRAINING PROGRAMME

.....

.....

INITIAL STATIC ASSESSMENT

DATE:

HEIGHT (CM)

WEIGHT (KG)

BODY FAT PERCENTAGE

TARGET BODY FAT PERCENTAGE RANGE (%) TO

IDEAL WEIGHT (KG) TO.....

BLOOD PRESSURE

SYSTOLIC

DIASTOLIC

BODY MEASUREMENTS

WAIST SHOULDERS HIPS ABDOMINALS

PLANKS = PRESS UPS = SIT UPS = S/J SQUATS =

12 MINUTE RUN (COOPERS RUN)

STRENGTH TEST (3 REP MAX)

BIKE (RPM)

ADDITIONAL TESTING'S

GOALS

SPECIFIC

MEASURABLE

ACHIEVABLE

REALISTIC

TIME

BARRIERS Y/N (IF YES ADD DETAIL)

WORK

FAMILY COMMITMENTS

INJURY

LACK OF MOTIVATION

YOUR ACTIVITY PROFILE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DIET PROGRAMME

FOOD DIARY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

EMBARK ON YOUR GOALS AND RESULTS ADVENTURE 1-4 WEEKS

GOALS AND RESULTS

1

2

3

CARDIO LEVEL TIME/DISTANCE

CARDIO LEVEL TIME/DISTANCE

CARDIO LEVEL TIME/DISTANCE

CARDIO LEVEL TIME/DISTANCE

RESISTANT MACHINES SETS REPS TIME

RESISTANT MACHINES SETS REPS TIME

RESISTANT MACHINES SETS REPS TIME

FLOOR EXERCISES & STRETCHES

.....

.....

.....

.....

4 WEEK STATIC ASSESSMENT

DATE:

HEIGHT (CM)

WEIGHT (KG)

BODY FAT PERCENTAGE

TARGET BODY FAT PERCENTAGE RANGE (%) TO

IDEAL WEIGHT (KG) TO.....

BLOOD PRESSURE

SYSTOLIC

DIASTOLIC

BODY MEASUREMENTS

WAIST SHOULDERS HIPS ABDOMINALS

PLANKS = PRESS UPS = SIT UPS = S/J SQUATS =

12 MINUTE RUN (COOPERS RUN)

STRENGTH TEST (3 REP MAX)

BIKE (RPM)

ADDITIONAL TESTING'S

EMBARK ON YOUR GOALS AND RESULTS ADVENTURE 4-12 WEEKS

WEEK 1-2	GOALS: TRAINING PROGRAMME
WEEK 3-4	GOALS: TRAINING PROGRAMME
WEEK 5-6	GOALS: TRAINING PROGRAMME
WEEK 7-8	GOALS: TRAINING PROGRAMME
WEEK 9-10	GOALS: TRAINING PROGRAMME
WEEK 11-12	GOALS: TRAINING PROGRAMME

12 WEEK STATIC ASSESSMENT

DATE:

HEIGHT (CM)

WEIGHT (KG)

BODY FAT PERCENTAGE

TARGET BODY FAT PERCENTAGE RANGE (%) TO

IDEAL WEIGHT (KG) TO.....

BLOOD PRESSURE

SYSTOLIC

DIASTOLIC

BODY MEASUREMENTS

WAIST SHOULDERS HIPS ABDOMINALS

PLANKS = PRESS UPS = SIT UPS = S/J SQUATS =

12 MINUTE RUN (COOPERS RUN)

STRENGTH TEST (3 REP MAX)

BIKE (RPM)

ADDITIONAL TESTING'S

EMBARK ON YOUR GOALS AND RESULTS ADVENTURE 6-12 MONTHS

MONTH 6	GOALS: TRAINING PROGRAMME
MONTH 7	GOALS: TRAINING PROGRAMME
MONTH 8	GOALS: TRAINING PROGRAMME
MONTH 9	GOALS: TRAINING PROGRAMME
MONTH 10	GOALS: TRAINING PROGRAMME
MONTH 11	GOALS: TRAINING PROGRAMME
MONTH 12	GOALS: TRAINING PROGRAMME

12 MONTH STATIC ASSESSMENT

DATE:

HEIGHT (CM)

WEIGHT (KG)

BODY FAT PERCENTAGE

TARGET BODY FAT PERCENTAGE RANGE (%) TO

IDEAL WEIGHT (KG) TO.....

BLOOD PRESSURE

SYSTOLIC

DIASTOLIC

BODY MEASUREMENTS

WAIST SHOULDERS HIPS ABDOMINALS

PLANKS = PRESS UPS = SIT UPS = S/J SQUATS =

12 MINUTE RUN (COOPERS RUN)

STRENGTH TEST (3 REP MAX)

BIKE (RPM)

ADDITIONAL TESTING'S