

## ASSESSMENT LOG SHEET

This assessment log sheet will be filled out every 4-6 weeks to record your progress which will enable us to make any needed adjustments to your program.

NAME: .....

<b>DATE</b>								
<b>TIME</b>								
<b>AGE</b>								
<b>HEIGHT</b>								
<b>WEIGHT</b>								
<b>B.P SYSTOLIC</b>								
<b>B.P DIASTOLIC</b>								
<b>L.U ARM</b>								
<b>R.U ARM</b>								
<b>CHEST</b>								
<b>WAIST</b>								
<b>HIPS</b>								
<b>L.U THIGH</b>								
<b>R.U THIGH</b>								
<b>RESTING PULSE</b>								
<b>1<sup>ST</sup> MIN</b>								
<b>2<sup>ND</sup> MIN</b>								
<b>3<sup>RD</sup> MIN</b>								
<b>MORNING PULSE</b>								
<b>BODY FAT %</b>								
<b>RATING</b>								

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