

Virtual Assessment Analysis

Name: _____

Date: _____

Body Fat

Current: _____ Change Since Last: _____

Weight

Current: _____ Change Since Last: _____

Current Confidence in Fitness:

1 2 3 4 5 6 7 8 9 10

Last:

1 2 3 4 5 6 7 8 9 10

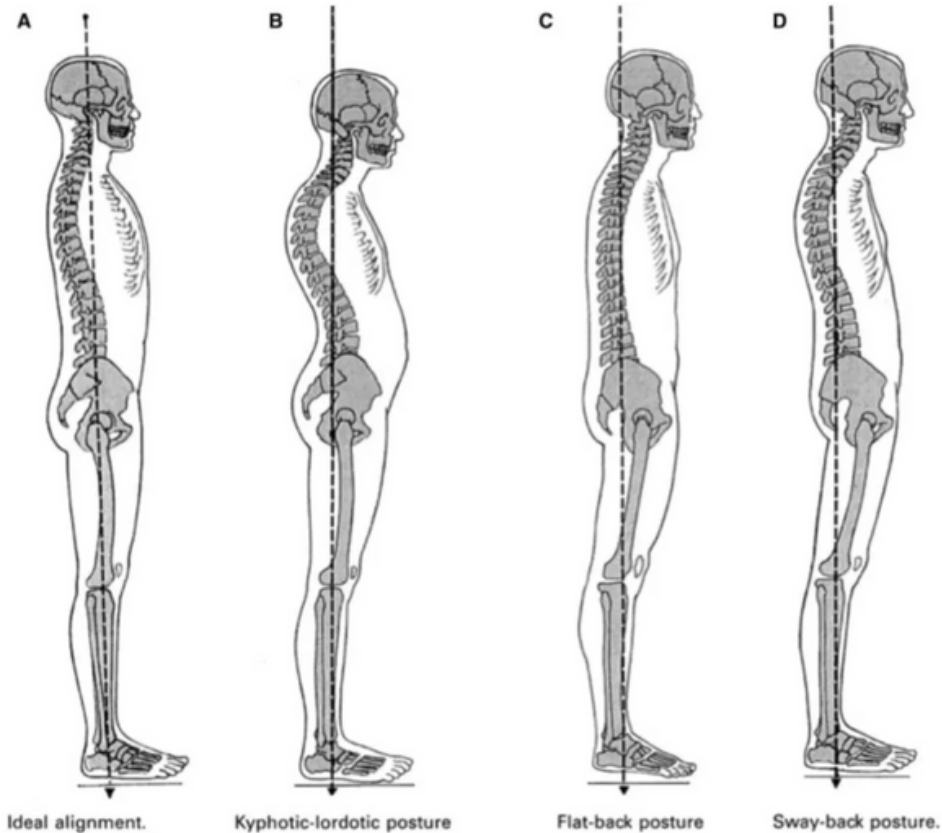
Current Confidence in Nutrition:

1 2 3 4 5 6 7 8 9 10

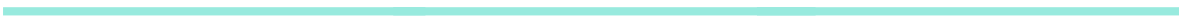
Last:

1 2 3 4 5 6 7 8 9 10

Posture Analysis



Notes



Physical Tests: Women

Overhead Squat

Strengths

Weaknesses

Toe Reach

Strengths

Weaknesses

Full Kneeling

Strengths

Weaknesses

Max Push-Ups

Fitness Category	20-29	30-39	40-49	50-59	60+
Excellent	>48	>39	>34	>29	>19
Good	34-48	25-39	20-34	15-29	5-19
Average	17-33	12-24	8-19	6-14	3-4
Poor	6-16	4-11	3-7	2-5	1-2
Very Poor	< 6	< 4	< 3	< 2	< 1

Max Plank Hold

Fitness Category	18-35	36-44	45-54	55+
Pro	161+	151+	141+	131+
Expert	131-160	121-150	131-140	121-130
Advanced	91-130	81-120	76-130	61-120
Intermediate	61-90	51-80	46-75	31-60
Improver	31-60	26-50	21-45	11-30
Beginner	0-30	0-25	0-20	0-10

Max Wall Sit

Fitness Category	Female
Excellent	91-150s
Good	61-90s
Average	31-60s
Below Average	21-30s
Very Poor	< 20 s

Physical Tests: Men

Overhead Squat

Strengths

Weaknesses

Toe Reach

Strengths

Weaknesses

Full Kneeling

Strengths

Weaknesses

Push-Ups

Fitness Category	20-29	30-39	40-49	50-59	60+
Excellent	>54	>44	>39	>34	>29
Good	45-54	34-44	30-39	25-34	20-29
Average	35-44	24-34	20-29	15-24	10-19
Poor	20-34	15-24	12-19	8-14	5-9
Very Poor	< 20	< 15	< 12	< 8	< 5

Max Plank Hold

Fitness Category	18-35	36-44	45-54	55+
Pro	191+	181+	171+	161+
Expert	161-190	151-180	141-170	131-160
Advanced	126-160	106-150	96-140	71-130
Intermediate	91-125	71-105	51-95	41-70
Improver	41-90	36-70	26-50	16-40
Beginner	0-40	0-35	0-25	0-15

Max Wall Sit

Fitness Category	Male
Excellent	121-180s
Good	91-120s
Average	61-90s
Below Average	31-60s
Very Poor	< 30 s