

Fitness Assessment Checklist

Client Information

- Name: _____
- Date: _____

Strength and Endurance Assessments

- **Plank Test (Core Strength)**
 - Time Held: _____ (Record time until form breaks or client stops)
 - Points: _____
- **Push-Up Test (Upper Body Strength)**
 - Number of Push-Ups: _____ (Up to 15; note form and consistency)
 - Points: _____
- **Squat Test**
 - Form Check: (Yes/No) _____ (Able to perform a proper squat)
 - Squats in One Minute: _____
 - Points: _____
- **Trunk Flexor Endurance Test (Lower Back Strength)**
 - Time Held: _____ (Up to 60 seconds; record time until form breaks or client stops)
 - Points: _____

Flexibility Tests

- **Sit & Reach:**
 - Result: _____
- **Shoulder Reach Test:**
 - Result: _____
 - Points: _____

Trainer's Notes:

- **Observations:** _____
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- **Recommendations:** _____
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FitBizMastery Grading Scale

1. Plank Test (Core Strength)

- < 30 seconds: 1 point

- **30-60 seconds:** 2 points
- **> 60 seconds:** 3 points

2. Push-Up Test (Upper Body Strength)

- **0-5 push-ups:** 1 point
- **6-10 push-ups:** 2 points
- **11-15 push-ups:** 3 points

3. Squat Test (Lower Body Strength)

- **Form Check:** Proper form = 1 point
- **0-15 squats in one minute:** 1 point
- **16-30 squats in one minute:** 2 points
- **> 30 squats in one minute:** 3 points

4. Trunk Flexor Endurance Test (Lower Back Strength)

- **< 30 seconds:** 1 point
- **30-45 seconds:** 2 points
- **> 45 seconds:** 3 points

Flexibility Tests (Average of selected tests)

- **Below average flexibility:** 1 point
- **Average flexibility:** 2 points
- **Above average flexibility:** 3 points

Tier Numerical Value Ranges (Check the box based on Points)

- Sedentary:** 1-5 points
- Active:** 6-10 points
- Athlete:** 11-15 points

Sedentary: Difficulty performing basic strength and endurance tasks.

Active: Can perform basic strength and endurance tasks with moderate ability.

Athlete: Excels in strength and endurance tasks and demonstrates advanced flexibility.