



FITNESS ASSESSMENT LOG

Use this sheet to assess yourself for each of the 10 exercises below

You will be measuring yourself every 6 weeks to monitor your progress.

Assessment	Week 1	Week 6	Week 12
Date:			
1. Overhead squat (movement score out of 10)			
2. Broad jump (for distance)			
3. Pushups (max number)			
4. Wall-sit (max time)			
5. Plank (max time)			
6. Side plank (max time)	Left:		
	Right:		
7. 30m sprint (for time)			
8. T run (for time)			
9. 5-10-15m shuttle (for time) (30 secs rest between each set)	1:		
	2:		
	3:		
10. Suicide or 1km run (for time)			