

Assessment Recording Form

Check one: ☐ Pretest ☐ Posttest

Client's name: _____ Age: _____

Goals:

Preparticipation screening notes:

Assessment dates:

Comments:

From M.A. Nutting, 2019, *The business of personal training* (Champaign, IL: Human Kinetics); Adapted, with permission, from NSCA, 2012, *Fitness assessment selection and administration*, by S. Rana and J.B. White. In *NSCA's Essentials of personal training*, 2nd ed., edited by J. Coburn and M. Malek (Champaign, IL: Human Kinetics). 188.

Test	Score or result	Classification
Vital signs		
Resting blood pressure		
Resting heart rate		
Body composition measures		
Height		
Weight		
Body mass index (BMI)		
Waist circumference		
Hip circumference		
Waist-to-hip ratio		
Percent body fat (method:_____)		
Fitness tests		
Cardiorespiratory endurance (method:_____)		
Muscular endurance (method:_____)		
Muscular strength (method:_____)		
Flexibility (method:_____)		
Other tests (method:_____)		

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