

Personal Training Client Fitness Assessment Sheet

Complete this assessment sheet to establish a baseline, track progress, and design an effective training program.

1. General Client Information

Client Name: Date of Assessment:
Date of Birth/ Age: Trainer Name:
Primary Fitness Goal:

2. Biometric and Body Composition Measurements

Height: Weight:
Body Mass Index (BMI): Body Fat Percentage:
Resting Heart Rate: Resting Blood Pressure:

Circumference Measurements

Neck: Chest:
Right Arm: Left Arm:
Waist: Hips:
Right Thigh: Left Thigh:
Right Calf: Left Calf:

3. Cardiorespiratory Endurance Assessment

Test Used (e.g., 3-Minute Step Test, 1-Mile Walk Test):

Active Heart Rate (Post-Test):
Recovery Heart Rate (1 Min Post-Test):
Estimated VO2 Max / Fitness Rating:

4. Muscular Strength and Endurance Assessment

Test Metric	Target Reps / Time	Completed Score	Rating / Notes
Push-Up Test (1 Min):	<input type="text"/>	<input type="text"/>	<input type="text"/>
Plank Hold (Max Time):	<input type="text"/>	<input type="text"/>	<input type="text"/>
Squat Test (1 Min):	<input type="text"/>	<input type="text"/>	<input type="text"/>
Other Test (<input type="text"/>):	<input type="text"/>	<input type="text"/>	<input type="text"/>

5. Flexibility and Postural Assessment

Sit and Reach Test Score:
Shoulder Mobility (Left/Right):
Overhead Squat Assessment Notes:
Postural Deviations Observed:

6. Trainer Notes, Recommendations, and Next Steps

Based on the baseline assessment, prioritize the following training focuses:

- Focus 1:
- Focus 2:
- Focus 3:

General Comments / Special Considerations:

Next Assessment Date: