

**Assessment Data**

Date:

Complete the Goal Setting Sheet

**Body Composition**

**Weight:** \_\_\_\_\_

**Clothing fit:** \_\_\_\_\_

**Circumference measurements**

Neck: \_\_\_\_\_ Chest (at nipple line): \_\_\_\_\_ Waist (Smallest Portion): \_\_\_\_\_

Hips (widest, with legs closed): \_\_\_\_\_ Thigh (6 inches from your knee): \_\_\_\_\_

Calve: \_\_\_\_\_ Bicep (upper arm): \_\_\_\_\_

Note if this exercise brings up any emotion or negative thinking:

If yes please apply 2 Corinthians 10:5:

**We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**

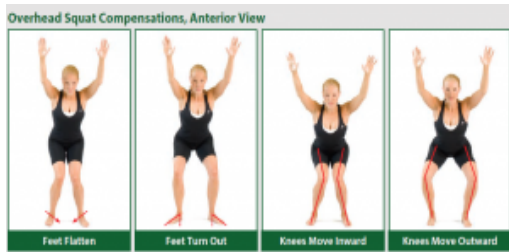
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**Postural Assessments:**

**Squat: Lower Body**



- Feet Turn Out:
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_
- Knees Turn In
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_
- Knees Go out
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_

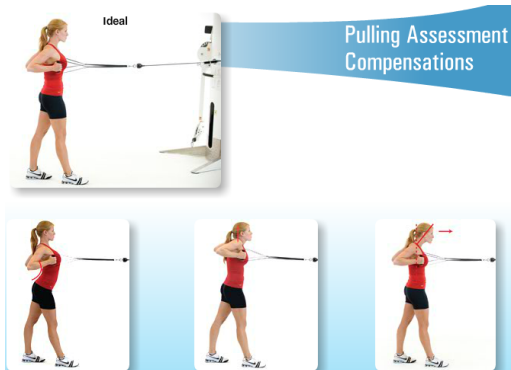
**Squat: Upper Body**



**Arms Fall Forward**

- Excessive Forward Lean
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_
- Back Arches
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_
- Back Rounds
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_

## Pushing & Pulling



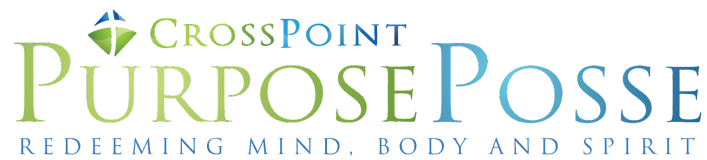
- Neck goes forward
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_
- Shoulders Rise
  - Strengthen exercise: \_\_\_\_\_ Stretching Exercise: \_\_\_\_\_

## Strength Assessments:

- Push ups: \_\_\_\_\_ (*How many pushups with good form in 1min*)



- Plank: \_\_\_\_\_ (*How long you can hold with good form*)
- Bicep Curl: \_\_\_\_\_ (5lbs for 30 secs how many repetitions)
- Sit to Stand: \_\_\_\_\_ (How many for 30 secs)



**Balance Assessment: Time how long you hold on one foot!**

- Right Foot: \_\_\_\_\_
- Left Foot: \_\_\_\_\_

**Cardio Assessments: 3 Options**

**Walk a mile as fast as you can**

How long did it take: \_\_\_\_\_

What was your heart rate right after: \_\_\_\_\_

What was your heart rate one min later: \_\_\_\_\_

**3Min Step Test**

What you need:

- 12 inch step
- Stop Watch
- Metronome. (There are plenty of apps, or you could go old school and pick one up.)
- Chair to measure Heart rate upon completion

Here is the Procedure:

Set the metronome to 96 beats per minute. So every click is a step. Say Up, Up, Down, Down.

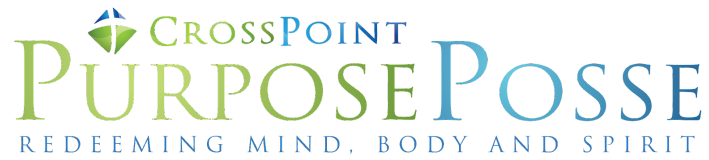
This goes on for 3 minutes.

Once completed in 3 minutes, sit down. Measure pulse for a minute. This is known as Recovery Pulse.

**Jumping Jacks**

How many can you do in 1min: \_\_\_\_\_

Check heart rate: \_\_\_\_\_



Reassessment Reflection: Looking back over the last 12 weeks

How did you do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did you meet your exercise goals? YES NO

If not, what got in the way? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If yes, what went well? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did you set nutritional goals? YES NO

If no, Do I want to this next quarter? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If yes, what went well? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Recap how this past 2.5 months went for you. What would you continue to do?

What will you do differently? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How did I do with my spiritual goals-? \_\_\_\_\_  
\_\_\_\_\_

 CROSSPOINT  
**PURPOSE POSSE**  
REDEEMING MIND, BODY AND SPIRIT

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What do I want to commit to in the next 3-4 months? \_\_\_\_\_

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