

Fitness Progress Chart

Measurements	Today's Date	6 Weeks Date	12 Weeks Date	6 Months Date	9 Months Date	1 Year Date
Chest (at nipple line)						
Biceps (middle of upper arm at widest point)						
Waist (at narrowest point)						
Hips (4 inches below navel)						
Thighs (at halfway distance between kneecap and thigh socket)						
Knee (in sitting position, knee straight)						
Ankle (at narrowest point)						
Weight						

Fitness Assessment

Timed Walk Test						
Step Test						
Sit and Reach Test						
Curl-Ups (number / 60 sec.)						
Modified Push-Ups (number / 60 sec.)						
Wall Push Away (number / 60 sec.)						
Resting Heart Rate (beats per min.)						

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