



Fit2Play
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Student Fitness Assessment Form

Enter this data in the student's online record and keep a copy in the student's file.

First Name:	Gender:	Address:
Last Name:	Birthdate:	City:
Username:	Gender:	Zip Code:
E-mail:	Grade:	Phone:

	1 st Assessment	2 nd Assessment	3 rd Assessment
Assessment Date:			
Height (Feet and inches):			
Weight (Pounds):			
Shoulder Flexibility:			
Blood Pressure (Systolic):			
Blood Pressure (Diastolic):			
Resting Heart Rate:			
Body Composition:			
Step Test (Pulse at 15 secs):			
Step Test (Pulse at 60 secs):			
Step Test (Pulse at 120 secs):			
Hip Flexibility:			
Seated Leg Press:			
Adjustments:	Lift Weight: Plates:	Lift Weight: Plates:	Lift Weight: Plates:
Seated Chest Press:			
Adjustments:	Lift Weight: Plates:	Lift Weight: Plates:	Lift Weight: Plates: