

Fitness Assessment Preparation

Preparing for and conducting an online fitness assessment can help you evaluate your fitness level and track your progress. Here are instructions on how to prepare for and perform the assessment. Please note that it is important to consult with a healthcare professional before engaging in any fitness assessment or physical activity.

*Please note that some of these items are not required, but could be helpful in understanding more about your health.

Preparation:

1. Equipment and space:

- Ensure you have the necessary equipment ready, such as a digital scale, blood pressure monitor, heart rate monitor, tape measure, a phone and a timer.
- Find a safe and well-lit area where you can comfortably perform the exercises.

2. Familiarize yourself with the procedures:

- Research and understand the correct techniques for each assessment component.
- Take note of the proper body positioning, alignment, and any specific instructions for accurate measurements and exercise execution.
- Watch demonstration videos or read reliable sources to ensure you understand the correct form. (attached to your 14-Day Trial Program is a Fitness Assessment workout. This workout will help you understand the proper technique when performing some of the exercises).

3. Rest and hydration:

- Prioritize getting sufficient rest and sleep in the days leading up to the assessment.
- Hydrate adequately by drinking water throughout the day before the assessment.

Conducting the assessment:

1. Body measurements:

- Use a tape measure to measure the following body parts: neck, chest, waist, hips, thighs, calves, and biceps.
- Ensure the tape measure is snug but not overly tight during the measurements.
- Follow proper measurement techniques for each body part to ensure accuracy.
- Record the measurements in centimeters.

2. Vital signs:

- Measure your weight using a digital scale (or any scale that works and is accurate) and record the measurement in kilograms.
- Measure your blood pressure using a blood pressure monitor following the device's instructions. (you may be able to use one of these at a pharmacy or doctor's office)

- Take your resting heart rate by counting your pulse for a full minute or using a heart rate monitor.
- Record your weight, blood pressure (optional, but recommended), and resting heart rate.

3. Body composition: (*Optional)

- Use a body fat caliper or a bioelectrical impedance device to measure your body fat percentage, following the manufacturer's instructions. (some scales help with this)
- Record your body fat percentage.

4. Fitness assessments:

- Prepare your phone or camera to record yourself doing the exercises as the recordings will be used as a baseline for future Fitness Assessments, and used to gauge your improvements.
- Perform bodyweight squats for 60 seconds, counting the number of squats you can complete in that time.
- Perform bodyweight lunges for 60 seconds, counting the number of lunges you can complete in that time.
- Hold a plank position for as long as you can, maintaining proper form.
- Perform as many push-ups as you can in 60 seconds, ensuring full range of motion.
- Perform as many pull-ups as you can with proper form.
- Time yourself while walking or running a mile, noting the fastest time it takes you to complete the distance.
- Test your flexibility by attempting to touch your toes.
- Test your balance by timing how long you can balance on one leg.
- Record the results for each assessment component.

5. Online Fitness Assessment Form:

- Access the online Fitness Assessment Form provided by your coach or instructor.
- Take your time to carefully and accurately fill out the form.
- Input the recorded measurements, vital signs, and results from the fitness assessments into the appropriate fields.
- Provide any additional information or comments as requested in the form.
- Review your responses to ensure accuracy and completeness before submitting the form.

Note: The online Fitness Assessment Form may take approximately 15-20 minutes to complete, but it's important to take your time and provide accurate information.

***Remember to prioritize safety during the assessment. If you experience any discomfort, pain, or difficulty during the process, stop immediately and seek guidance from a healthcare professional.**

When you have compiled all the necessary information to complete the Fitness Assessment, you can access the assessment here:

[Fitness Assessment](#)