

THRIVE

Name		Date	
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Subjective Wellbeing							
	Physical	Nutrition	Sleep	Stress	Energy	Motivation	Total
Test							
Ideal Range	8>	8>	8>	8>	8>	8>	48>
Retest							

Body Composition Assessment						
	Height (Cm)	Weight (Kg)	Body Fat (%)	Body Fat (kg)	Fat Free Mass (%)	Lean Mass FFMI
Test						
Ideal Range						
Retest						
Change						
	Chest	Biceps	Waist	Hips	Waist: Hip Ratio	Thigh
Test						
Retest						
Change						

Fitness Assessment					
	RHR	Distance	MHR	HRR	Av Step Count.
Test					
Ideal Range	<60bpm			>35bpm	>5649
Retest					

Strength Assessment						
	Initial Assessment	Retest	% Increase	Gold	Silver	Bronze
Leg Strength						
Upper Body Pull						
Upper Body Push						