

Name					Date			
Subjective Wellbeing								
	Exercise	Nutrition	Sleep	Resilence	Energy	Motivation	Total	
Test								
Retest 1								
Retest 2								
Retest 3								
Ideal Range	8>	8>	8>	8>	8>	8>	48>	

Strength Assessment								
	Exercise	Test	Retest 1	Retest 2	Retest 3	Gold	Silver	Bronze
Leg Strength								
Upper Pull								
Upper Push								

Fitness Assessment						
	RHR	Equipment	Distance	MHR	HRR	Av Step Count.
Test						
Retest 1						
Retest 2						
Retest 3						
Ideal Range	<60bpm				>35bpm	>5649

Body Composition Assessment							
	Height (Cm)	Weight (Kg)	Body Fat (%)	Body Fat (kg)	Fat Free Mass (%)	Lean Mass FFMI	
Test							
Retest 1							
Retest 2							
Retest 3							
Ideal Range							
	Shoulders	Chest	Biceps	Waist	Hips	Waist: Hip Ratio	Thigh
Test							
Retest 1							
Retest 2							
Retest 3							