



Client Goals & Assessment

Client Name: _____

Starting Fitness Level & Body Composition

<u>Date</u>	<u>Bodyweight</u>	<u>% Bodyfat</u>	<u>Lean Mass</u>	<u>Lbs. Bodyfat</u>	<u>Other</u>
_____	_____ lbs.	_____ %	_____ lbs.	_____ lbs.	_____

Selected Exercise: _____ Max: _____

Methods & Notes: _____ TBW: _____

Fitness Goal

<u>Date</u>	<u>Bodyweight</u>	<u>% Bodyfat</u>	<u>Lean Mass</u>	<u>Lbs. Bodyfat</u>	<u>Other</u>
_____	_____ lbs.	_____ %	_____ lbs.	_____ lbs.	_____

Selected Exercise: _____ Max: _____

Methods & Notes: _____ TBW: _____

Achieved Fitness Level & Body Composition

<u>Date</u>	<u>Bodyweight</u>	<u>% Bodyfat</u>	<u>Lean Mass</u>	<u>Lbs. Bodyfat</u>	<u>Other</u>
_____	_____ lbs.	_____ %	_____ lbs.	_____ lbs.	_____

Selected Exercise: _____ Max: _____

Methods & Notes: _____ TBW: _____

Assessment:

Body Fat Assessment

Essential Fat	Men	Women
Athletic	3% - 5%	8% - 14%
Elevated Risk for CVD	6% - 15%	15% - 23%
Obesity/Significantly Elevated Risk for CVD	16% - 24%	24% - 30%
Morbid Obesity	25% - 39%	31% - 39%
	over 39%	over 39%

We Bring the Gym to You!