REQUIRED ACCESSORIES:

MEASURING TAPE

TIMER
(phone)

YOGA MAT
(strongly suggested but not necessary)

PERSONAL INFORMATIONS

NAME:

AGE:

HEIGHT:

PHYSICAL TEST

	BEFORE	AFTER
DATE:		
WEIGHT:		
WAIST MEASUREMENT: (*In Inches: measure 2 fingers above belly button)		
1. BREATHING TEST (3 DEEP BREATHS FOLLOWED BY LONGEST BREATH)		
2. WALL SIT (Timed to max 5 mins)		
3. LYING HAMSTRING BRIDGE (Timed to max 5 mins)		
4. HIGH PLANK HOLD (Timed to max 3 mins)		
5. STANDING TOE TOUCH (Take a pic of you in action!)		
6. RUNNING ON SPOT (OR ALTERNATE KNEE RAISE) (Timed to max 5 mins)		
7. POSTURE TEST (Check the direction of the thumbs when standing)		
8. HEEL TOUCH CRUNCHES ON THE FLOOR (Max 50 crunches)		
9. LOOK AT THE CAMERA (FILM YOURSELF) OR IN THE MIRROR (Yell: I'm making it happen!)		