



"The first step is always the hardest,
w/ Progressive Fitness it wont be anymore"

Personal Information:			
Name:			
Address:			
City:	State:	Zip Code:	
Day Phone:			
Email:			

Starting Statistics with Body Fat % and Circumference Measurements				Start	Goal	Eval #1	Eval # 2	Eval # 3
Date:								
Height:								
Weight:								
Resting Heart Rate:								
Skin Fold Measurements- Bicep								
Skin Fold Measurements- Tricep								
Skin Fold Measurements Subscapular								
Skin Fold Measurements Suprailliac								
Body Fat % =								
Lean Body Mass =								
Body Fat % X Body Weight = Fat Mass								
Body Weight – Fat Mass = Lean Mass								
Neck								
Chest								
Bicep								
Forearm								
Waist								
Hip								
Thigh								
Calf								

What are your fitness goals(be specific):
<u>Why??</u>
Why have you waited?
What is/are the hardest obstacle that are keeping from achieving your goal?
What is your current workout program?
Why do you think that is the one for you?