

# Fitness Assessment Tracker

Name: *Louisa Vine*

## HEALTH MOT RESULTS

|                   | Date       |
|-------------------|------------|
| Initial           | 27/03/2020 |
| Month 3           | 26/06/2020 |
| Month 6           | 25/09/2020 |
| IMPROVEMENT - / + |            |

| BMI  | Waist to Hip Ratio | Blood Pressure | Rest heart Rate | Vo2 Max | Blood Glucose | Blood Cholesterol |
|------|--------------------|----------------|-----------------|---------|---------------|-------------------|
| 22.6 | 0.78               | 113/61         | 56              | 38      | 5.0           | 5.48              |
|      |                    |                |                 |         |               |                   |
|      |                    |                |                 |         |               |                   |
|      |                    |                |                 |         |               |                   |

## MOVEMENT SCREEN (OPEN CHAIN)

|                   | Date       |
|-------------------|------------|
| Initial           | 07/04/2020 |
| Week 4            | 05/05/2020 |
| Week 8            | 09/06/2020 |
| Week 12           | 14/07/2020 |
| IMPROVEMENT - / + |            |

| Ankle Circles | Standing Hip Flexion | Leg Swings   | Pendulums (Hip) | Arm Cross Overs | Overhead Arm Swings | Standing Rotations |
|---------------|----------------------|--------------|-----------------|-----------------|---------------------|--------------------|
| ✓             | ✓                    | Tight FL (R) | ✓               | ✓               | Restriction (L)     | Tight (B)          |
|               |                      |              |                 |                 |                     |                    |
|               |                      |              |                 |                 |                     |                    |
|               |                      |              |                 |                 |                     |                    |

## MOVEMENT SCREEN (CLOSED CHAIN)

|                   | Date       |
|-------------------|------------|
| Initial           | 07/04/2020 |
| Week 4            | 05/05/2020 |
| Week 8            | 09/06/2020 |
| Week 12           | 14/07/2020 |
| IMPROVEMENT - / + |            |

| Standing Dorsal Flexion | Transverse Toe Touches | Pendulums (Thorasic) | Groiner (Thorasic) | Groiner (Hip) | Forward Stride | Side Stride |
|-------------------------|------------------------|----------------------|--------------------|---------------|----------------|-------------|
| Tight (L)               | ✓                      | Winging (L)          | Winging (L)        | Tight (B)     | Side Lean (R)  | Tight (B)   |
|                         |                        |                      |                    |               |                |             |
|                         |                        |                      |                    |               |                |             |
|                         |                        |                      |                    |               |                |             |

## FUNCTIONAL MOVEMENT SCREEN

|                   | Date       |
|-------------------|------------|
| Initial           | 07/04/2020 |
| Week 4            | 05/05/2020 |
| Week 8            | 09/06/2020 |
| Week 12           | 14/07/2020 |
| IMPROVEMENT - / + |            |

| Deep Squat   | Hurdle Step | In-line Lunge | Shoulder Mobility | Rotary Stability | Active Straight Leg Raise | Trunk Stability Push-Up |
|--------------|-------------|---------------|-------------------|------------------|---------------------------|-------------------------|
| Forward lean | X Both      | R X / L ✓     | Restricted (L)    | X                | Tight (R)                 | Not attempted           |
|              |             |               |                   |                  |                           |                         |
|              |             |               |                   |                  |                           |                         |
|              |             |               |                   |                  |                           |                         |

## STRENGTH TESTING (10RM based on 8 RPE)

|                   | Date       |
|-------------------|------------|
| Initial           | 07/04/2020 |
| Week 4            | 05/05/2020 |
| Week 8            | 09/06/2020 |
| Week 12           | 14/07/2020 |
| IMPROVEMENT - / + |            |

| Squat | Deadlift | Lunge | Vertical Press | Horizontal Press | Vertical Pull | Horizontal Pull |
|-------|----------|-------|----------------|------------------|---------------|-----------------|
| 30kg  | 30kg     | 14kg  | 6kg            | 14kg             | 30kg          | 14kg            |
|       |          |       |                |                  |               |                 |
|       |          |       |                |                  |               |                 |
|       |          |       |                |                  |               |                 |

| Key        |   |
|------------|---|
| ✓          | Completed with no abnormalities.                |
| X          | Failed to complete on all attempts.             |
| R          | Right side only.                                |
| L          | Left side only.                                 |
| B          | Both sides                                      |
| Tight      | Completed with ok range but reported tightness. |
| Restricted | Completed with limited or reduced ROM.          |

