Yoga Class Fitness Assessment

Pre Test (Date / / )

Post Test (Date / / )

Flexibility Assessment

Back Extension: _____________

Hamstring (Right): _____________

Hamstring (Left): _____________

Leg Straddle: _____________

Forward Fold: _____________

Quadriceps Stretch: _____________

Strength Assessment

Plank Test: _____________

Balance Assessment

Balance Test: _____________

Body Composition

Waist/Hip Ratio

$\frac{\text{Waist}}{\text{Hip}} = \frac{\text{Waist}}{\text{Hip}}$

My goal for this class is ....

What did you achieve?
Fitness Assessment

Date: ______
Weight: ______
Height: ______

STRENGTH ASSESSMENT:
1 Minute push-ups: ______
1 Minute curl-ups: ______

MEASUREMENTS:
Bicep: right ______
Bicep: left ______
Waist: ______ (navel)
Hips: ______ (around the maximum girth)
Thigh: right ______ (8” down from the hip bone)
Thigh: left ______ (8” down from the hip bone)

Date: ______
Weight: ______
Height: ______

1 Minute push-ups: ______
1 Minute curl-ups: ______

Bicep: right ______
Bicep: left ______
Waist: ______ (navel)
Hips: ______ (around the maximum girth)
Thigh: right ______ (8” down from the hip bone)
Thigh: left ______ (8” down from the hip bone)