**KIN 010 Assessments Log**

**NAME:**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

**Hip Circumference:**

**%BF:**

**BMI:**

**Side Roll (R/L):**

**Pushups (1min)**

**V-Ups (1min):**

**Plank:**

**Chest/Bench Press:**

**Pulldown/Pullups/Chinups:**

**1 Mile Walk/Run:**

**3 minute step test:**

**300 Yard shuttle:**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

**Hip Circumference:**

**%BF:**

**BMI:**

**Side Roll (R/L):**

**Pushups (1min)**

**V-Ups (1min):**

**Plank:**

**Chest/Bench Press:**

**Pulldown/Pullups/Chinups:**

**1 Mile Walk/Run:**

**3 minute step test:**

**300 Yard shuttle:**