**KIN 119 Assessments Log**

**NAME:**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

**Hip Circumference:**

**%BF:**

**BMI:**

**3 min step test: (HR) (steps)**

**Long Jump:**

**Vertical Jump:**

**Pushups (1min)**

**Situps (1min):**

**Dips (1min):**

**Squat & Criss-Cross Jump (1min):**

**Plank (3min):**

**Side Plank (1min):**

**Lunge Kicks (1min):**

**Wall Sit (3min):**

**Burpees (1min):**

**150 Yard Shuttle:**

**100 Yard Sprint:**

**1 Mile Run:**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

**Hip Circumference:**

**%BF:**

**BMI:**

**3 min step test: (HR) (steps)**

**Long Jump:**

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**1 Mile Run:**