**KIN 250 Assessments Log**

**NAME:**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

**Hip Circumference:**

**%BF:**

**BMI:**

**Pushups (1min):**

**Situps (1min):**

**Plank (1min):**

**Chest/Bench Press:**

**Leg Press/Squat:**

**Chinups/Pullups/Lat Pulldown:**

**Row:**

**Shoulder Press:**

**Hamstring Curl:**

**Date:**

**Resting Heart Rate:**

**Body Weight:**

**Waist Circumference:**

**Hip Circumference:**

**%BF:**

**BMI:**

**Pushups (1min):**

**Situps (1min):**

**Plank (1min):**

**Chest/Bench Press:**

**Leg Press/Squat:**

**Chinups/Pullups/Lat Pulldown:**

**Row:**

**Shoulder Press:**

**Hamstring Curl:**