

## STUDENT EVALUATION FORM



PRE-ASSESSMENT DATE:	POST-ASSESSMENT DATE:								* What you'll need: measuring tape, scale.							
	WEIGHT		CHEST		WA	WAIST AB		3S HIP		MID THIGH		C	CALF		UPPER ARM	
NAME	PRE	POST	PRE	POST	PRE	POST	PRE	POST	PRE	POST	PRE	POST	PRE	POST	PRE	POST



## **SELF-EVALUATION FORM**

STRONGER TOGETHER

## **SELF-EVALUATION FORM**



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POST-ASSESSMENT DATE: PRE-ASSESSMENT DATE:

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MEASUREMENTS	PRE-ASSESMENT	POST-ASSESSMENT	MEASUREMENTS	PRE-ASSESMENT	POST-ASSESSMENT
WEIGHT			WEIGHT		
CHEST			CHEST		
WAIST			WAIST		
ABS			ABS		
HIP			HIP		
MID-THIGH			MID-THIGH		
CALF			CALF		
UPPER ARM			UPPER ARM		

## **SELF-EVALUATION**



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CHEST			CHEST		
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MID-THIGH			MID-THIGH		
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