



SELF-EVALUATION FORM



* What you'll need: measuring tape, scale.

PRE-ASSESSMENT DATE:

POST-ASSESSMENT DATE:

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

SELF-EVALUATION FORM



* What you'll need: measuring tape, scale.

PRE-ASSESSMENT DATE:

POST-ASSESSMENT DATE:

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

SELF-EVALUATION FORM



* What you'll need: measuring tape, scale.

PRE-ASSESSMENT DATE:

POST-ASSESSMENT DATE:

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

SELF-EVALUATION FORM



* What you'll need: measuring tape, scale.

PRE-ASSESSMENT DATE:

POST-ASSESSMENT DATE:

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