

Getting Started

Date _____

Bdoy Composition Test

Have somebody measure these for you when you start and after 12 weeks

start

Right Upper Arm		inches
Sholders		inches
Chest		inches
Abdomen		inches
Right Thigh		inches

After 12 weeks

	inches
	inches
	inches
	inches
	inches

Record these when you start. You will record them again every 2 weeks

9 minute run/walk or 1 mi. run/walk (timed)	
Flexibility reach in centemeters	
Number of sit-ups in 60 sec	
Number of pull-ups in 60 sec	
Number of push-ups in 60 sec	

Week 5 Dates _____ to _____
Date

Week 6 Dates _____ to _____
Date

Repeat tests at end of week 6

9 minute run/walk or 1 mi. run/walk (timed)	
Flexibility reach in centimeters	
Number of sit-ups in 60 sec	
Number of pull-ups in 60 sec	
Number of push-ups in 60 sec	

Week 7 Dates _____ to _____
Date

Week 8 Dates _____ to _____
Date

Repeat tests at end of week 8

9 minute run/walk or 1 mi. run/walk (timed)	
Flexibility reach in centimeters	
Number of sit-ups in 60 sec	
Number of pull-ups in 60 sec	
Number of push-ups in 60 sec	

Week 11 Dates _____ to _____
Date

Week 12 Dates _____ to _____
Date

Repeat tests at end of week 12

9 minute run/walk or 1 mi. run/walk (timed)	
Flexibility reach in centemeters	
Number of sit-ups in 60 sec	
Number of pull-ups in 60 sec	
Number of push-ups in 60 sec	

Remember to redo the composition test on the first sheet.