

Self Test & Measurements - Men

Start

Date: / /

How many push ups can you do without stopping? _____
 (Can't do push ups? How long can you hold a plank position? _____)
 Number of squats non-stop _____
 Length of time to hold a V-up _____
 Weight _____

Measurements:

Chest _____
 R. Arm _____ L. Arm _____
 Waist _____ Wrist _____
 Hips _____
 R. Thigh _____ L. Thigh _____

Body Fat:

Stress Level	1	2	3	4	5	6	7	8	9	10
Energy Level	1	2	3	4	5	6	7	8	9	10
Mental Focus	1	2	3	4	5	6	7	8	9	10
Self Image	1	2	3	4	5	6	7	8	9	10
	Poor		Neutral		Great					

Chest

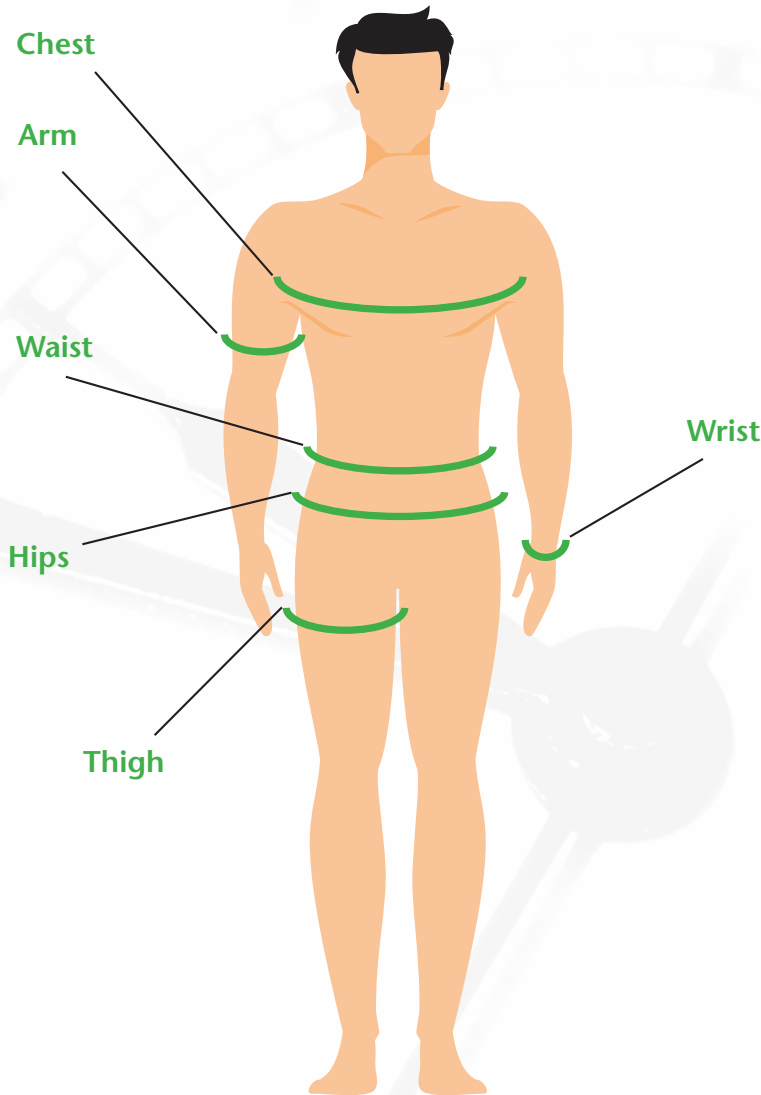
Arm

Waist

Hips

Thigh

Wrist



5 Weeks

Date: / /

How many push ups can you do without stopping? _____
 (Can't do push ups? How long can you hold a plank position? _____)
 Number of squats non-stop _____
 Length of time to hold a V-up _____
 Weight _____

Measurements:

Chest _____
 R. Arm _____ L. Arm _____
 Waist _____ Wrist _____
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Body Fat:

Stress Level	1	2	3	4	5	6	7	8	9	10
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	Poor		Neutral		Great					

Nothing worth having is free. Everything requires something in exchange.
 If you truly want to be as healthy and strong as you can be, then work the plan.

I want to know how you are doing! Connect with me and let me know about your struggles and your success.
 Thank you for walking on this journey with me.



Micro Decisions Make Up Your Macro Results

* Consult a physician before starting this or any exercise program