



Pathway to Fitness, Inc. Body Assessment and Analysis

DATE		DATE		DATE		DATE		DATE	
Shoulders		Shoulders		Shoulders		Shoulders		Shoulders	
Chest		Chest		Chest		Chest		Chest	
Left Arm		Left Arm		Left Arm		Left Arm		Left Arm	
Right Arm		Right Arm		Right Arm		Right Arm		Right Arm	
AB 1		AB 1		AB 1		AB 1		AB 1	
AB 2		AB 2		AB 2		AB 2		AB 2	
Waist		Waist		Waist		Waist		Waist	
Hips		Hips		Hips		Hips		Hips	
Left Leg		Left Leg		Left Leg		Left Leg		Left Leg	
Right Leg		Right Leg		Right Leg		Right Leg		Right Leg	
Left Calf		Left Calf		Left Calf		Left Calf		Left Calf	
Right Calf		Right Calf		Right Calf		Right Calf		Right Calf	
Triceps		Triceps		Triceps		Triceps		Triceps	
Pectorals		Pectorals		Pectorals		Pectorals		Pectorals	
Abdominal		Abdominal		Abdominal		Abdominal		Abdominal	
Quadriceps		Quadriceps		Quadriceps		Quadriceps		Quadriceps	
Sum of 3		Sum of 3		Sum of 3		Sum of 3		Sum of 3	
BF%		BF%		BF%		BF%		BF%	

Remember, the **scale is not an accurate measurement** of your body fat and lean muscle mass. In addition, the above **measurements are not 100% accurate** and do act as a baseline measurement in the changes your body may make. However, *it is not necessary to take measurements if you are not comfortable*. We will monitor your cardiovascular endurance, muscular endurance and strength, flexibility, and how your clothes fit. **Under no circumstances should you feel uncomfortable, threatened, or insecure.** With that, I hope you enjoy the adventure you are about to experience. Thank you very much for your time and determination.