



# Finishing Stats and Goal Assessment

Finish Date \_\_\_\_\_

### Exercise Type and Duration:

**Present exercise** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Minutes per day/schedule** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**New exercise goal** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Minutes per day/schedule** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Measurements

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_ Bodyfat %: \_\_\_\_\_  
BP: \_\_\_\_\_ Pulse: \_\_\_\_\_ Respiration: \_\_\_\_\_ Estimated Max HR: \_\_\_\_\_  
Neck: \_\_\_\_\_ Waist: \_\_\_\_\_ Hip: \_\_\_\_\_ Arm: R \_\_\_\_\_ L \_\_\_\_\_  
Forearm: R \_\_\_\_\_ L \_\_\_\_\_ Thigh: R \_\_\_\_\_ L \_\_\_\_\_ Calf: R \_\_\_\_\_ L \_\_\_\_\_

**WERE ORIGINAL GOALS ACHIEVED?:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WHAT WERE MY OBSTACLES?:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**(NEW) SOLUTIONS TO THOSE OBSTACLES:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_