

Individual Fitness Testing Tracking Table

* The tests listed in this Tracking Table are for 'example' purposes only. PTS will work with you to determine which Fitness & Sport Performance Tests are appropriate for you or your Team.

Athlete Name:

Team Name / Sport Club:

Age:

Sport:

Dates:	Base Test	Follow-Up Test 1			Follow-Up Test 2				Follow-Up Test 3				Follow-Up Test 4						
	Score	Score	Δ	% Δ	Score	Δ	% Δ	Δ	% Δ	Score	Δ	% Δ	Δ	% Δ	Score	Δ	% Δ	Δ	% Δ
		from	from		from	from	from	from		from	from	from	from		from	from	from	from	
		Base	Base		Base	Base	F.U. 1	F.U. 1		Base	Base	F.U. 2	F.U. 2		Base	Base	F.U. 3	F.U. 3	
Performance Capacity & Anthropometric Variables																			
Anthropometric Variables																			
Height		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Body Weight		0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!	
BMI		0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!	
BIA BF %		0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!	
Waist Circumference		0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!	
Hip Circumference		0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!		0,0	#DIV/0!	0,0	#DIV/0!	
Strength Tests																			
SRM Max Bench Press		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
SRM Max Back Squat		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Bering Sorenson Back Extensor Test		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Plank (in Sec)		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Sit-Ups (60 Sec)		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Pull-Ups (in 60 Sec)		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Push-Ups (60 Sec)		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Power Tests																			
Clean & Jerk		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Hang Clean		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Jump Height		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Aerobic Tests - O2ml/kg/min																			
Bruce Treadmill Test		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Leger 20m Multi-Stage Shuttle Run		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Anaerobic Tests																			
20m Sprint		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
40m Sprint		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	
Wingate		0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!		0	#DIV/0!	0	#DIV/0!	

* Δ = 'Change' or the difference between 2 Test periods. F.U. = Follow-Up Test