



PT FIT TEST

info@gf2revolution.com



GF2revolution IG: gf2_fitness GF2revolution GF2revolution GF2|revolution

Measurements	Day 0	Week 4	Week 8
Chest	_____ in	_____ in	_____ in
R. Arm	_____ in	_____ in	_____ in
L. Arm	_____ in	_____ in	_____ in
Waist	_____ in	_____ in	_____ in
Hips	_____ in	_____ in	_____ in
R. Thigh	_____ in	_____ in	_____ in
L. Thigh	_____ in	_____ in	_____ in
Total Inches	_____ in	_____ in	_____ in
Weight	_____ lb	_____ lb	_____ lb

PT FIT TEST	Day 0	Week 4	Week 8
Push-Ups	r_____	r_____	r_____
Squat Thrust	r_____ w_____	r_____ w_____	r_____ w_____
Pull-Ups	r_____	r_____	r_____
Jumping Jacks	r_____	r_____	r_____
Forearm Plank Hold	sec_____	sec_____	sec_____