

Measurements	P90X+ Milestone	Day 1	Day 28	Day 56	Day 90
	Date				
	Body Fat (Jackson/Pollock 3 Caliper Method) Go to: <a href="http://www.linear-software.com/online.html">http://www.linear-software.com/online.html</a>	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____	Chest - ____ mm Abs - ____ mm Thigh - ____ mm BF% = ____
	Weight				
	BMI				
	Chest				
	Waist				
	Hips				
	Right Thigh				
	Left Thigh				
	Right Arm				
	Left Arm				

Fit Test	P90X+ Milestone	Day 1	Day 28	Day 56	Day 90
	Date				
	Resting Heart Rate				
	Pull-Ups				
	Vertical Leap				
	1) Stand & Arm Raise				
	2) Lower Arm, One Step Back & Jump				
	Subtract 1 from 2				
	Push-Ups				
	Toe Touch (Flexibility Test)				
	Wall Squat				
	Bicep Curls				
	In And Outs				
	Heart Rate Maximizer				
	- Step 2 (Immediately After)				
	- Step 3 (1 Minute)				
	- Step 4 (2 Minutes)				
	- Step 5 (3 Minutes)				
	- Step 6 (4 Minutes)				

WORKSHEETS COMPLETED BY:  
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