



Self-Assessment Test

Upload results at

[Xtrainfit.com/assessment_results](https://xtrainfit.com/assessment_results)

and connect with an X-TrainFit coach for free.

How do I get started?

Before we get started with the program, we want to establish your starting point. An important part of staying motivated throughout the program is tracking where you are coming from as you record where you are going to and ultimately finishing up.

We will take some basic fitness and body composition measurements as well as an all important photo to benchmark against, starting with the photo.

Once complete, you will use these measurements to track your progress. You can also upload your results at xtrainfit.com/assessment_results and get personal feedback from an official program coach.

Paste Before Photo

Paste After Photo

*Take several pictures in different poses to capture all angles!
You can send us your results at xtrainfit.com/assessment_results*

Instructions on how to accurately record these body measurements follow on the subsequent pages.

Record your measurements here

	Before	After
Body Fat %		
Weight		
Chest (in inches)		
Waist (in inches)		
Hips (in inches)		
Right Thigh (in inches)		
Left Thigh (in inches)		
Right Bicep (in inches)		
Left Bicep (in Inches)		
Resting Heart Rate (BMP)		
Step Test Elevated Heart Rate (BMP)		
Vertical Jump		
Push-Ups		
Half Sit-Ups		
Seated Stretch		

Record and track your progress to stay on track and motivated

Body Fat Percentage Calculation Women

Factor 1	Body Weight	Multiply by	Equals	Add	Factor 1 Result
		0.732		8.987	
Factor 2	Wrist Measurement (at fullest point)	Divided by	Factor 2 Result		
		3.140			
Factor 3	Waist Measurement (at naval)	Multiply by	Factor 3 Result		
		0.157			
Factor 4	Hip Measurement (at fullest point)	Multiply by	Factor 4 Result		
		0.249			
Factor 5	Forearm Measurement (at fullest point)	Multiply by	Factor 5 Result		
		0.434			
Lean Body Mass	Factor 1 Result	Plus Factor 2 Result	Minus Factor 3 Result	Minus Factor 4 Result	Plus Factor 5 Result
Body Fat Weight	Body Weight	Minus Lean Body Mass Result	Body Fat Weight Result		
Body Fat %	Body Fat Weight Result	Multiply by	Equals	Divided by body weight	Body Fat % Result
		100			

Note your body weight then follow the formula to determine the factors for calculating the lean body mass. From your lean body mass you will calculate your body fat weight, then calculate body fat

Body Fat Percentage Calculation Men

Factor 1	Body Weight	Multiply by	Equals	Add	Factor 1 Result
		1.082		94.42	
Factor 2	Waist Measurement	Multiply by	Factor 2 Result		
		4.15			
Lean Body Mass	Factor 1 Result	Minus Factor 2 Result	Lean Body Mass Result		
Body Fat Weight	Body Weight	Minus Lean Body Mass Result	Body Fat Weight Result		
Body Fat %	Body Fat Weight Result	Multiply by	Equals	Divided by body weight	Body Fat % Result
		100			

How to complete each assessment.

Weight:

1. With shoes off, measure your weight on a scale.
2. Record this measurement.

Chest (in inches):

1. Remove outer clothing and wear only the undergarments that you would normally wear including a bra if female.
2. Stand in front of a large mirror. This is to make sure you have your tape measure in the correct locations on your back and sides.
3. Wrap the tape measure around your chest holding the ends in front of your chest. At this point if you have a friend to help adjust the tape location, it will be easier.
4. Look into the mirror to see where the tape measure is located on your chest. It should be across the fullest part of your chest where the measurement is greatest
5. Turn around in front of the mirror to see where the tape measure is located on your back. It should lie across the points of your shoulder blades. The measuring tape should lie just under your arms, across your shoulder blades, and across the fullest part of your chest.
6. Record this measurement.

Waist (in inches):

1. Find your natural waist. On women an easy way to do this is to stand in front of the mirror and bend at your side. The crease that forms indicates your natural waistline, directly above the belly button and below the ribcage. On men you will want to measure directly above your hipbones level with your belly button.
2. Stand up straight and relax your abdominal muscles. Wrap the measuring tape completely around your waist starting at the belly button. Make sure the tape is level around your waistline.
3. Record this measurement.

Hips (in inches):

1. Take the loose tape measure and wrap it around your hip area. The tape measure should be secured at the fullest part of the hip area; this is almost always over the buttocks.
2. Make certain that the tape measure is straight and parallel to the ground. The tape measure should also be snug as well but not cutting into your body.
3. Record this measurement.

Thighs (in inches):

1. Take the tape measure and wrap it around the thigh of one leg at the mid-point between you knee and your buttocks where the circumference of your leg is greatest.
2. Record this measurement.

Bicep (in inches):

*Recruit a friend to help you
measure accurately and
consistently!*

1. Start with your arm fully extended and wrap the tape measure around your bicep. Now make a fist and your biceps and triceps as hard as you can.
2. Take the measurement from the biggest point in your upper arm.
3. Record this measurement.

Resting Heart Rate:

1. You will need a watch with a second hand.
2. The best time to record your resting heart rate is first thing in the morning, right after you wake up, before eating or drinking anything.
3. Find your pulse on your wrist. Wait for the second hand to reach zero then count the beats of your pulse until 10 seconds have expired.
4. Record the pulse rate for 10 seconds and multiply it by six to calculate your heart rate in beats per minute (BPM).
5. Repeat steps 2-4 for three days and record average of three.

Step Test Elevated Heart Rate:

1. You will need a watch with a second hand.
2. Locate a step of large sturdy box approximately 12 inches high.
3. Step on and off the box for 3 minutes. Step up with one foot and then the other foot. Try to maintain a steady speed.
4. At the end of 3 minutes remain standing and record your heart rate.
5. Find your pulse on your wrist. Count the beats of your pulse for 10 seconds.
6. Record the pulse rate for 10 seconds and multiply it by six to calculate your heart rate in beats per minute (BMP).
7. Record this measurement.

Vertical Jump:

This test is designed to measure your explosive leg power.

1. Locate an area where you can jump and land safely without hitting any furniture, etc.
2. Stand next to a wall and reach up as high as you possible can with the hand closest to the wall. Mark this height with a piece of tape, placing the tape on the wall at the end of the fingers.
3. Stand slightly away from the wall and jump as high as possible using both your arms and your legs to assist in propelling the body upwards.
4. Attempt to touch the wall at the highest point of the jump.
5. Make note of the point at which you touched the wall. Chalk on your finger tips can assist in this process or a friendly observer.
6. Practice your technique until you are confident you have reached your maximum height. Measure the distance between the two marks.
7. Record this measurement.

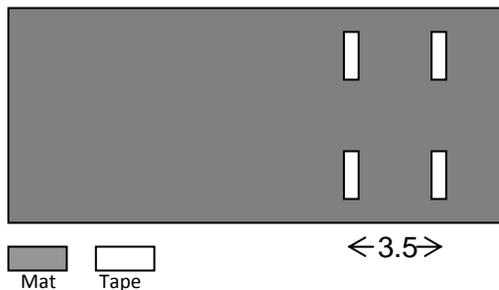
Push-Ups:

1. Start in the standard push-up position (elevated). Hands should be a shoulder width apart while arms are extended straight down from the shoulders. Keep your back, head and legs in a straight line.
2. Lower until the chest is approx 2 inches from the floor then raise up again.

3. Repeat this exercise until you have completed the maximum you are able. The goal is to complete as many as you can while maintaining good form. If your back begins to sag, stop, as you are at your limit.
4. Record your results.

Half Sit-Ups:

1. You will need a mat or area of floor upon which you can apply tape, a watch with a second hand, and four strips of tape.
2. Prepare your area or mat as illustrated with the four strips of tape.



3. Lay face-up on floor or mat with your feet flat on the ground and your knees directly above your feet. Palms should be facing down with finger tips touching the first lengths of tape.
4. Lay flat then sit up until your finger tips touch the second length of tape, and then slowly lower back to the mat without allowing your head to touch the surface. Do not arch your back or neck as this can cause injury, instead keep your lower back flat on the mat and chin off your chest during each movement.
5. Count how many sit ups can be completed in one minute.
6. Record your results.

Seated Stretch:

1. Place a measuring tape on the floor in a straight line 4-5 feet long.
2. Sit on the floor with flat straight legs in front of you and with the tape between your legs - the zero mark on the tape measure should be at your knees.
3. With your fingers in contact with the tape measure, slowly lean forward as far as you can and note the distance you can reach on the tape measure. Then rest for a few seconds.
4. Repeat the exercise 3-4 times as you will likely reach a little further each and note the furthest point reached on the tape measure.
5. Record the furthest point reached.