

FITNESS SELF-EVALUATION

PREPARED BY COACH BOURGASE

NAME:

DATE:

PERSONAL FITNESS

RATE YOUR PERSONAL FITNESS:		Excellent	Superior	Average	Needs Improvement	Poor
OVERALL		<input type="checkbox"/>				
PERF. FACTORS	ENER. SYS.					
	Aerobic: (>3 min.)	<input type="checkbox"/>				
	Anaer. Lactic: (60 to 90 sec.)	<input type="checkbox"/>				
	ATP-CP: (10-20 sec.)	<input type="checkbox"/>				
	Agility:	<input type="checkbox"/>				
	Strength:	<input type="checkbox"/>				
	Speed:	<input type="checkbox"/>				

HOW HAS YOUR FITNESS LEVEL CHANGED IN THE PAST MONTH?

Improved Stayed the same Regressed Don't know

WHY DO YOU THINK THIS IS THE CASE?

WHAT ACTIVITIES HAVE YOU PARTICIPATED IN TO IMPROVE YOUR FITNESS?

PERFORMANCE ON DEMAND

CAN YOU EXECUTE SKILLS CORRECTLY UNDER PHYSICAL STRESS?

Always Often Sometimes Never Don't know

ARE YOU SATISFIED WITH YOUR LEVEL OF PERFORMANCE?

Very satisfied Slightly satisfied Indifferent Slightly unsatisfied Very unsatisfied

IMPROVEMENT TARGET

PERFORMANCE FACTOR:

IMPROVEMENT GOAL:
(specific, measurable,
achievable, realistic, & timely)

STEPS YOU WILL
TAKE TO ACHIEVE
THIS GOAL:

- 1
- 2
- 3

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