



# FITNESS EVALUATION

NAME: \_\_\_\_\_

PROGRAM: PF2 / IMP / CHP

RANK: \_\_\_\_\_

## EXERCISES:

\_\_\_\_\_

**BASE** ROUND 1


DATE: \_\_\_\_\_ ROUND 2

ROUND 3

**PRTC 1** ROUND 1


DATE: \_\_\_\_\_ ROUND 2

ROUND 3

**PRTC 2** ROUND 1


DATE: \_\_\_\_\_ ROUND 2

ROUND 3

**PRTC 3** ROUND 1


DATE: \_\_\_\_\_ ROUND 2

ROUND 3

**FINAL** ROUND 1


DATE: \_\_\_\_\_ ROUND 2

ROUND 3