

# MONARCH QUICK-FIT PARTICIPANT ASSESSMENT

Date \_\_\_\_\_

Date \_\_\_\_\_

Height \_\_\_\_\_

Height \_\_\_\_\_

Weight \_\_\_\_\_

Weight \_\_\_\_\_

Body fat % (3-site) \_\_\_\_\_

Body fat % (3-site) \_\_\_\_\_

Chest \_\_\_\_\_

Chest \_\_\_\_\_

Triceps \_\_\_\_\_

Triceps \_\_\_\_\_

Abdominal \_\_\_\_\_

Abdominal \_\_\_\_\_

Suprailliac \_\_\_\_\_

Suprailliac \_\_\_\_\_

Thigh \_\_\_\_\_

Thigh \_\_\_\_\_

Sit & Reach (best) \_\_\_\_\_

Sit & Reach (best) \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

Back Scratch \_\_\_\_\_

Back Scratch \_\_\_\_\_

Left:

Left:

Right:

Right:

**Notes for Participant:**