



Activ8 8 Week Challenge - Optional Fitness Testing & Measurements

Name _____ Club _____

Fitness Testing						
	Number of reps in 1 minute			Maximum time performed continuously		
	Shoulder Press (8kg weight)	Burpees	Body Weight Squats	Beep Test	Plank	Squat Hold
Before challenge						
After challenge						
Compare Results After – Before = Improvement						



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Before & After Challenge Measurement Tracking		
	WEEK 1	WEEK 8
Chest (around fullest part of chest)		
Bicep (10cm above elbow, then around)		
Stomach (around belly button)		
Hips/Glutes (widest point)		
Quads (15cm above knee, then around)		
Calf (15cm below knee, then around)		
Compare Results Week 8 – Week 1 = Improvement		

Before & After Challenge Weight Tracking		
	WEEK 1	WEEK 8
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total Kgs		
Total Kgs ÷ 7 = Average Daily Weight		
Compare Results Week 8 – Week 1 = Improvement		



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Weekly Measurement Tracking

	Week 2 – Week 1	Week 3 – Week 2	Week 4 – Week 3	Week 5 – Week 4	Week 6 – Week 5	Week 7 – Week 6
Chest (around fullest part of chest)						
Bicep (10cm above elbow, then around)						
Stomach (around belly button)						
Hips/Glutes (widest point)						
Quads (15cm above knee, then around)						
Calf (15cm below knee, then around)						
Compare Results						
= Improvement						



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Weekly Weight Tracking						
	Week 2 – Week 1	Week 3 – Week 2	Week 4 – Week 3	Week 5 – Week 4'	Week 6 – Week 5	Week 7 – Week 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total Kgs						
Total Kgs ÷ 7 = Average Daily Weight						
Compare Results						
= Improvement						