

WARRIOR ATHLETE

READINESS & RESILIENCE

PERFORMANCE ASSESMENT SCORESHEET

NAME	TEST SCORES		COMMENTS
	OVERHEAD SQUAT		
DATE	BROAD JUMP		
		L	R
WEIGHT	PRO AGILITY		
	BENCH PRESS		
HEIGHT (inches)	DEADLIFT		
		PULL UP	
GENDER	300 YARD SHUTTLE		
Male		1 MILE RUN/YO YO	
Female			