

VPA Dance Data / Measurement Form

Name: _____

Level: _____

Date				
Age				
Height				
Weight				

**HEALTH RELATED
FITNESS:**

Bod.Comp % lbs of fat				
Muscular Strength (MS)				
Muscular Endurance (ME)				
Flexibility (F)				
Cardiovascular (CV)				

**MEASUREMENTS:
(inches)**

Ankle				
Calf				
Low thigh				
High thigh				
Low Hip				
Abdomin				
Waist				
Chest				
Neck				
Bicep (relaxed)				
Bicep (flexed)				