**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Flexibility Assessment**

|  |  |
| --- | --- |
| **Flexibility Score** | **Flexibility Category** |
| **11 or less** | **Very Poor** |
| **12 to 13** | **Poor** |
| **14 to 16** | **Fair** |
| **17 to 19** | **Good** |
| **20 to 21** | **Very Good** |
| **22 to 23** | **Excellent** |
| **24 or more** | **Superior** |

**Lower Body Flexibility: Sit and Reach Test**

Trial #1 \_\_\_\_\_\_\_\_\_\_\_

Trial #2 \_\_\_\_\_\_\_\_\_\_\_\_

Trial #3 \_\_\_\_\_\_\_\_\_\_\_

**Flexibility Score \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Flexibility Category \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| **Flexibility Score** | **Flexibility Category** |
| **11 or less** | **Very Poor** |
| **12 to 13** | **Poor** |
| **14 to 16** | **Fair** |
| **17 to 19** | **Good** |
| **20 to 21** | **Very Good** |
| **22 to 23** | **Excellent** |
| **24 or more** | **Superior** |

**Upper Body Flexibility: Shoulder Lift Test**

Trial #1 \_\_\_\_\_\_\_\_\_\_\_

Trial #2 \_\_\_\_\_\_\_\_\_\_\_\_

Trial #3 \_\_\_\_\_\_\_\_\_\_\_

**Flexibility Score \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Flexibility Category \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**