**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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**