



BODY ASSESSMENT & PERFORMANCE REPORT



Client Name

CLIENT NAME

Date of Birth

DD/MM/YYYY

Coach Name

COACH NAME

Assessment Date

DD/MM/YYYY

HOW TO USE THIS REPORT

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CLIENT INFO

Weight

54 kg

Muscle Mass

NA

Height

162 cm

Body Fat %

NA

Body Mass Index (BMI)

BMI (Body Mass Index) is a general measure of body weight relative to height — useful for population-level insights, but not a direct reflection of body fat or fitness.

Yours is 21.3 which falls under Normal (Healthy) range.

Short term

- Start exercising more regularly
- Tone overall body and grow specific muscles

Long term

- Build capacity for endurance and HIIT without risk of injury or fatigue
- Build foundation for running

ASSESSMENT GOALS



LIFESTYLE ASSESSMENT

MOVEMENT

Client mentioned that she is somehow active and goes to the gym every now and then. She has recently picked up running recreationally as weather gets better. She also goes to yoga classes.

SLEEP

Sleep is when your body recovers, adapts, and builds resilience — without it, progress slows and energy drops.

Client mentioned that she stays up late usually and wake up late in the morning. Currently her lifestyle is not busy so her energy can fluctuate during the day

STRESS

Stress drives hormonal and nervous-system changes that can stall recovery, raise injury risk, and blunt training results, so knowing your stress level guides smarter program design.

Client is currently not working and is looking for work, this can contribute to higher stress levels.

INJURY HISTORY

No history of injuries

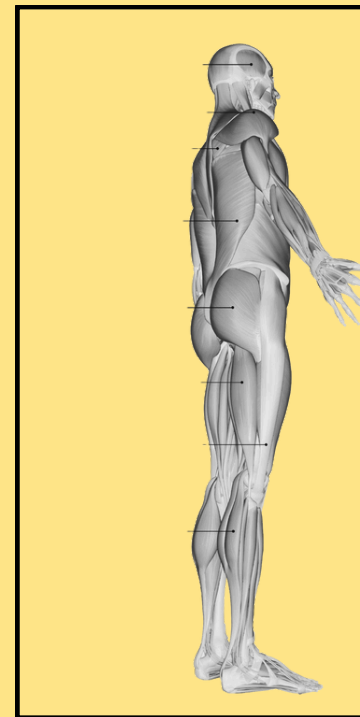
NUTRITION

Nutrition fuels your training, recovery, and overall energy — without the right intake, progress is harder to achieve and sustain.

Client did not mention any dietary restrictions. However, she did highlight that wakes up with no appetite and usually eats on heavy meal which is dinner.

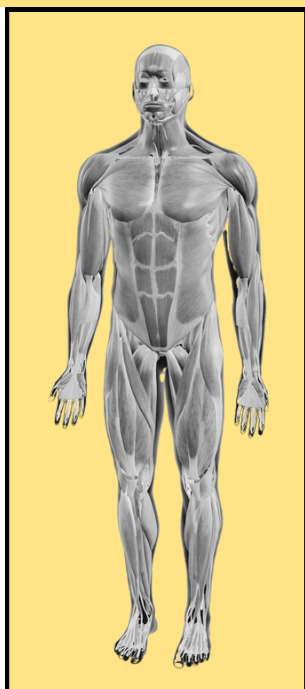
PHYSICAL ASSESSMENT

From the side, we noticed some early signs of forward shoulder positioning, though it's not overly pronounced. Your shoulders tend to stay elevated, especially on the left, which you mentioned happens more when you're stressed — a common pattern linked to upper trap tension (upper trap tension more visible on the right). While your lats are strong, your rhomboids could use some focused strengthening to support better shoulder positioning over time. There's also a slight anterior pelvic tilt, which may affect your core engagement and hip alignment. Lastly, we observed a low arch in your right foot, which could impact your overall stability and loading patterns during movement.

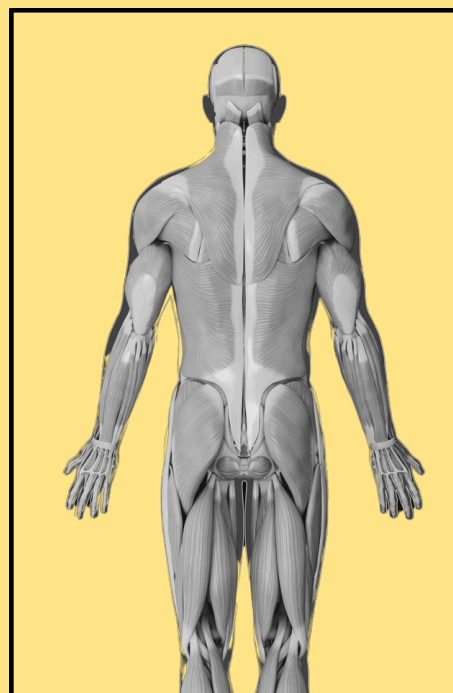


LATERAL VIEW

ANTERIOR VIEW



From the front view, we noticed your left shoulder sits slightly higher, with some extra tension through your right upper trap. There's a bit of forward head posture and the beginnings of rounded shoulders, which can affect overall posture and breathing mechanics. Your right hip is elevated, and your right knee points outward, which may reflect some rotational imbalance through the hip. We also saw some misalignment in your right foot and ankle, suggesting that side might be taking on more load than ideal. When assessing posture statically, the right hip is slightly higher suggesting overactive muscles on the right leg compared to left.



POSTERIOR VIEW

From the back view, we noticed some asymmetry in your shoulder blades, with the left shoulder sitting slightly higher and the scapula positioning not fully balanced. Your glutes appear underactive overall, which can affect hip stability and posture. You also tend to shift more weight onto your left hip when standing, which causes the right hip to elevate — creating a subtle imbalance in your pelvic alignment. Over time, this can influence how your body moves and compensates, especially during single-leg or rotational movements.



MUSCLE IMBALANCE SUMMARY

Muscle imbalance analysis identifies where certain muscles are overactive, underactive, tight, or weak — helping us understand how your body compensates during movement and where it's lacking stability, control, or strength. This guides more precise training, better posture, and reduced injury risk.

STRENGTHEN

STRETCH

CORE

Deep core (TVA, obliques), Glute med & max, Lower abdominals

Hip flexors, QL (esp. right side), Lumbar extensors

LOWER BODY

Tibialis posterior & foot muscles, Glute med (esp. left), Adductors

Calves & lateral ankle (right), Hip external rotators, TFL

UPPER BODY

Rhomboids & mid traps, Lower traps, Serratus anterior

Upper traps (esp. right), Pecs (mildly), Lats (slightly)

PERFORMANCE ASSESSMENT

Overall strength
status

BUILDING PHASE

Overall endurance

**DEVELOPING
PHASE**

Overall agility &
balance

**EMERGING
STABILITY**

■ STRENGTH TESTING

The assessment showed limited push strength, with only 2 assisted push-ups completed and minimal chest engagement during flies — suggesting underactive pushing mechanics. Pulling strength appeared stronger, particularly through the lats, though upper-back stabilizers like the rhomboids and mid traps were less active.

In the hinge pattern, movement looked sound — there was no strain in the lower back — but there was also minimal engagement in both posterior chain indicating a lack of muscle activation despite clean mechanics. The squat showed good depth and range but lacked symmetry and joint control, especially through the hips and knees.

Core control was steady in static positions, but dynamic engagement and anti-rotation control appeared limited during movement-based tasks.

■ FLEXIBILITY & MOBILITY

While some stretches felt tight, your movement patterns — especially in squatting and hip extension — show that your body has a good amount of usable range of motion. This suggests that the tightness you feel may be more about how your body is holding tension (esp around upper body and pelvis), rather than a true lack of flexibility. With better control, strength, and breathing, you'll likely unlock even more freedom in your movement without needing to stretch endlessly.

■ BALANCE & AGILITY

During balance-based movements like the bird dog, there was noticeable instability and a lack of core engagement, especially when weight was shifted or limbs extended. This suggests your body is still learning how to stabilize under light load — a common and totally normal phase early in training. While agility wasn't tested in a dynamic way, these balance findings indicate your movement foundation is still developing, and improving core coordination will help everything else feel more stable and controlled.

■ ENDURANCE

While a completely structured endurance test was out of scope, your walking and jogging patterns gave us helpful insight into how your body manages repetitive motion. During movement, there were visible signs of hip imbalance, with your legs crossing the midline as you jog — a common sign of reduced glute medius control and core stability. Your left leg showed flickering, possibly indicating instability or compensatory movement during the swing phase.

These patterns can lead to inefficiency and overuse if left unchecked — but they're very common in early-stage training and completely addressable through targeted strength and stability work.

WHERE YOU ARE NOW

Strength



Emerging: Low activation, unable to complete base patterns

Developing: Some control, but inconsistent engagement or limited output

Building: Foundational strength improving, more stability appearing

Stable: Consistent, balanced strength across movement patterns

Strong: High quality, controlled force with balanced execution

Endurance



Emerging: Very low tolerance for sustained movement, early conditioning phase

Developing: Some base endurance, but form or control breaks down under fatigue

Building: Improving rhythm and control over longer durations

Stable: Can sustain effort with efficient movement and recovery

Strong: High stamina with consistent form and energy throughout

Balance & Agility



Emerging: Poor stability and coordination; struggling with basic balance tasks

Unstable: Some control but inconsistent, compensatory movement patterns

Coordinating: Improving awareness and postural control in dynamic settings

Stable: Can maintain balance and control under shifting conditions

Agile: Quick, stable, responsive movement with excellent coordination

Flexibility & Mobility



Restricted: Stiff, limited range in multiple joints; impacts posture or movement

Tight: Some range, but significant tension or stiffness under stretch/load

Opening Up: Improving mobility and control with clearer movement patterns

Functional: Good usable range with control across key movements

Dynamic: Excellent range, control, and expression under load and speed

RECOMMENDATIONS

■ STRENGTH PLAN

Your strength routine should be designed to build a solid foundation by focusing on full-body control, posture, and muscle activation. You'll train 2–3 times per week using simple but effective movements that emphasize pushing strength, postural pulling, glute activation, and core stability.

Each session should include:

- Activation drills to turn on key muscles before training
- Full-body strength work using controlled, form-focused movements like supported squats, glute bridges, and band rows
- A core finisher to improve posture, balance, and rotational control

The goal isn't to lift heavy right away — it's to help your body move better, get stronger, and feel more aligned with every session.

■ CORRECTIVE ROUTINE

- **Daily postural corrections:** shoulder mobility, chin tucks, and cat-cow for spinal awareness
- **Glute med activation:** clamshells, side-lying leg lifts (focus on left side)
- **Foot + ankle work:** short foot drills, barefoot balance holds for arch support, train barefoot
- Include 5–10 minutes of **dynamic warmups** before any physical exercise



■ NUTRITIONAL CHANGES

- Current intake (1 large evening meal) likely limits recovery and muscle support. Try starting your day with something light and protein-rich — even a smoothie or yogurt bowl. Add a second meal midday or early evening to support energy and recovery.
- Aim to distribute meals more evenly across the day (2–3 meals to start)
- Prioritize protein at each meal to support strength development and satiety
- **Recommended protein intake:** approx. 1.2–1.6g per kg of body weight. Based on your weight (~120 lbs): 65–85g of protein per day
- **Hydration:** Aim for 2L+ water daily, especially if starting movement-based training



NEXT STEPS

This assessment gave us a clear foundation to build from and with **Core**, we'll do that together, in real time.

Core is a fully guided 1-on-1 coaching program, focused on:

Improving posture, mobility, and full-body control
Building functional strength with smart, progressive sessions
Coaching you live through every movement, no guesswork, no generic plans.

Here's how we move forward:

- We'll schedule your next 1-on-1 session and start building from today's findings
- I'll guide you through every rep, correct form, and adjust based on how your body responds
- Together, we'll lay the foundation for long-term strength, alignment, and progress

This isn't just a program you follow, it's a process we go through together.

Core is built around your body, your pace, and real-time coaching to support your progress every step of the way.



Your program is ready, just book your next session to get started.

BOOK YOUR SESSION