

# TRYathlon™ Pre- & Post-Test

<b>Name:</b>	<b>DOB:</b>	<b>Start Age:</b>
<b>Data Collected By:</b>		

## PURPOSE

The purpose of the pre- and post-test is to measure the athlete's baseline strength prior to the TRYathlon Tournament™ and progress post-TRYathlon Tournament activities.

	<b>Pre-test Measurement</b>	<b>Post-test Measurement</b>
<b>Collection Date:</b>		

## AGILITY/SPEED

Up & Go (# of seconds to complete)		
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## STRENGTH

Hand Grip - Dynamometer Squeeze (5 seconds each, best result of 3; recorded in pounds)		
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## Please complete the following:

	<b>Hand Bike</b>	<b>Foot Pedal</b>	<b>Whizzer</b>	<b>All</b>
Athlete plans to participate in: <i>(Baseline test only)</i>				
Athlete participated in: <i>(Post-test only)</i>				

## Have you attended a community exercise class in the last month?

	<b>Yes</b>	<b>No</b>		
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Notes:

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