

The Combo Coach FAB Tracker

| | | Attempt 1 | Attempt 2 | Attempt 3 | Attempt 4 | Attempt 5 | Attempt 6 |
|--|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|
| Date > | | | | | | | |
| | | | | | | | |
| Fitness - Chair Stand Test | Time (s) | | | | | | |
| | Reps | | | | | | |
| | Hand Assisted (y/n) | | | | | | |
| | Folded Arms (y/n) | | | | | | |
| | Remarks | | | | | | |
| | | | | | | | |
| Aerobic - Walk Test | Time (m:s) | | | | | | |
| | Start Location | | | | | | |
| | End Location | | | | | | |
| | Distance (mtrs/steps) | | | | | | |
| | Remarks | | | | | | |
| | | | | | | | |
| Balance - Single Leg Stability Test | Right leg time (s) | | | | | | |
| | Left leg time (s) | | | | | | |
| | Finger used (y/n) | | | | | | |
| | Leg Circles (y/n) | | | | | | |
| | Remarks | | | | | | |
| | | | | | | | |
| General Notes | | | | | | | |