

## **Driver Assessment Report**

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### **Body Weight:**

- Pre: 157 lbs
- Post: 153.4 lbs
- **Percent change: 2.29% decrease**

### **Body Fat:**

- Pre: 17.64%
- Post: 14.95%
- **Percent change: 15.25% decrease**

### **Reaction Test:**

- Pre: 20 catches
- Post: 24 catches
- **Percent change: 20% increase**

### **Core Strength:**

- Pre: Fail at stage 6
- Post: Passed
- **Percent change: 33.3% increase**

### **Inverted Pull ups:**

- Pre: 8
- Post: 18
- **Percent change: 125% increase**

### **Pushups:**

- Pre: 40
- Post: 47
- **Percent change: 17.5 % increase**

### **90/90 Hamstring Flexibility Test:**

- Pre: poor
- Post: Average
- **Percent change: 50% increase**

### **Shoulder Reach Flexibility Test:**

- Pre: No Contact
- Post: Contact
- **Percent change: 50% increase**