

STUDENT EVALUATION FORM

STRONG
BY ZUMBA®

#STRONGER4ALS
30-DAY CHALLENGE

PRE-ASSESSMENT DATE:

POST-ASSESSMENT DATE:

* What you'll need: measuring tape, scale.

[illegible]



SELF-EVALUATION FORM

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MEASUREMENTS	PRE-ASSESSMENT	POST-ASSESSMENT
WEIGHT		
CHEST		
WAIST		
ABS		
HIP		
MID-THIGH		
CALF		
UPPER ARM		

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