

Annual Fitness Evaluation Report (Professional E-Sports Athletes)

Personal Information

Name

Team

Date of Evaluation

Coach/Trainer Name

Role/Position

Physical Health Metrics

Metric	Value	Comments
Height (cm)	<input type="text"/>	<input type="text"/>
Weight (kg)	<input type="text"/>	<input type="text"/>
BMI	<input type="text"/>	<input type="text"/>
Blood Pressure	<input type="text"/>	<input type="text"/>
Vision	<input type="text"/>	<input type="text"/>
Hearing	<input type="text"/>	<input type="text"/>

Mental & Cognitive Evaluation

Aspect	Score/Assessment	Comments
Reaction Time	<input type="text"/>	<input type="text"/>
Focus/Attention	<input type="text"/>	<input type="text"/>
Memory	<input type="text"/>	<input type="text"/>
Decision-Making	<input type="text"/>	<input type="text"/>

Stress Management		
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Injury History & Preventive Measures

Injury Type	Date	Status	Remarks

Preventive Measures / Ergonomics

Training & Physical Activity Summary

Type	Frequency (per week)	Duration (minutes)
Physical Training		
Mental Training		
Game Practice		

Recommendations & Goals

Recommendations

Goals for Next Evaluation

Evaluator's Signature

Evaluator's Name

Date