

Fitness Test Recording

Name: _____
 Birthday: _____
 Teacher: _____

Period: _____
 Age: _____ (as of March 1st)
 Student ID: _____

Test	Healthy Fitness Zone	Goal	Test 1	Test 2	Test 3	Final
Mile	—		Date ____ / ____ / ____ Score :	Date ____ / ____ / ____ Score :	Date ____ / ____ / ____ Score :	Date ____ / ____ / ____ Score :
Pacer	—		Date ____ / ____ / ____ Score	____ / ____ / ____	____ / ____ / ____	____ / ____ / ____
BMI	—		Height-Weight-BMI -	Height-Weight-BMI -	Height-Weight-BMI -	Height-Weight-BMI -
Curl-ups	—		Date ____ / ____ / ____ Score	____ / ____ / ____	____ / ____ / ____	____ / ____ / ____
Trunk Lift	—		Date ____ / ____ / ____ Score	____ / ____ / ____	____ / ____ / ____	____ / ____ / ____
Push-ups	—		Date ____ / ____ / ____ Score	____ / ____ / ____	____ / ____ / ____	____ / ____ / ____
Sit n Reach	—		Date ____ / ____ / ____ Right-Left-	____ / ____ / ____ Right-Left-	____ / ____ / ____ Right-Left-	____ / ____ / ____ Right-Left-
Shoulder Stretch			Date ____ / ____ / ____ Right-Left-	____ / ____ / ____ Right-Left-	____ / ____ / ____ Right-Left-	____ / ____ / ____ Right-Left-

Personal Best

	Mile	Pacer	BMI	Curl-ups	Trunk Lift	Push ups	Sit n Reach
Midterm							
Final							



Fitness-Mile Recording Sheet

Mile Recording Sheet

Name: _____

Period: _____

End of the year Goal Time _____ : _____

Actual Time _____ : _____

Healthy Fitness Zone (min:sec) _____ : _____ - _____ : _____

Target Heart Rate Zone (70-85%) _____ - _____

Mile #	1	2	3	4	5
Date					
Goal Time					
Pre Heart Rate					
Post Heart Rate					
Partner					
Lap 1	: _____	: _____	: _____	: _____	: _____
Lap 2	: _____	: _____	: _____	: _____	: _____
Lap 2-Difference	: _____	: _____	: _____	: _____	: _____
Lap 3	: _____	: _____	: _____	: _____	: _____
Lap 3-Difference	: _____	: _____	: _____	: _____	: _____
Lap 4	: _____	: _____	: _____	: _____	: _____
Lap 4-Difference	: _____	: _____	: _____	: _____	: _____
★	:00				
	:30				
	:00				
	:30				
	:00				
	:30				
	:00				
	:30				
	:00				
	:30				
	:00				
	:30				