

Lopez Island High School

Physical Fitness Test

Name: _____

Grade: _____

School Year: _____

Health Information

	Fall (Sept/Oct)	Winter (Jan/Feb)	Spring (Apr/May)
Height			
Weight			
Resting Heart Rate			
Body Fat %			
Lean Weight			
Fat Weight			

Physical Tests

	Fall	Winter	Spring
Cardiovascular			
(1) 1600 Meter Run			
(2) 400 Meter Run			
Strength			
(3) Push Ups			
(4) Sit Ups			
(5) Pull Ups			
Flexibility			
(6) Sit & Reach			
Agility			
(7) Shuttle Run (40 yard)			
(8) Vertical Jump			
(9) Standing Broad Jump			
(10) Dot Drills (2-1-2)			

Notes: