

High School Fitness Assessment Summary

Name: _____

Grade: _____

School Year: 2017-18

Semester: 1 2 (circle)

Class Period: _____

Beginning Date: _____

Ending Date: _____

Health Information

	Beginning	Ending	Difference
Height			
Weight			
Resting Heart Rate			
Body Fat %			
Lean Muscle Weight			
Fat Weight			

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run			
400 meter Run			
Strength			
Push ups (1 minute)			
Sit ups (1 minute)			
Flexibility			
Sit & Reach			
Agilities			
Shuttle Run (40 yards)			
Vertical Jump			
Standing Broad Jump			

Weight Training Workouts

	Beginning	Ending	Difference
Exercises			
Bench Press			
Military Press			
Lat Pulls			
Bicep Curls			
Tricep Press Downs			
Squats			
Leg Extension			
Leg Curl			