

## Test Results Record

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Initial Test Date: \_\_\_\_\_ Body Weight: \_\_\_\_\_

	Initial	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	Units
<b>Aerobic Fitness Test</b>								
Run/walk as far as you can in nine minutes -- OR --								Miles
Run/walk one mile as fast as you can								Min:sec
<b>Flexibility Test</b>								
Using a sit-and-reach box record the fourth reach. This last reach must be held for 15 seconds to qualify.								Inches
<b>Muscular Strength Test</b>								
Sit- in 60 seconds.								Qty
Pull-ups. Record the total number of pull-ups completed -- OR --								Qty
Push-ups. Record the total number of push-ups completed								Qty
<b>Body Composition Test</b>								
Circumference of the right upper arm								Inches
Shoulders, 2 inches below top								Inches
Chest, at the nipple line during breath expiration.								Inches
Abdomen circumference at navel level (relaxed).								Inches
Right thigh, midway between the hip and the knee.								Inches
Weight								Pounds