



Name \_\_\_\_\_

Home Room Teacher \_\_\_\_\_

1. How many sit-ups can you do in 1 minute?
  
  
  
  
  
  
2. Can you touch your toes?
  
  
  
  
  
  
3. How many push-ups can you do in 1 minute?
  
  
  
  
  
  
4. How many Jumping Jacks can you do in 1 minute?
  
  
  
  
  
  
5. What is one component of fitness you want to work on?

