

FITNESS RECORD SHEET

NAME OF FAMILY MEMBER:
 GENDER:
 AGE:
 RESTING HEART RATE:
 WEIGHT (lbs):
 HEIGHT (inches):
 BMI:
 FITNESS RECORD SHEET

COMPONENT	CARDIORESPIRATORY ENDURANCE	FLEXIBILITY	MUSCULAR STRENGTH & ENDURANCE	
Activity	Beep test Jump Rope	Sit and Reach	Push-Ups	Curl-Ups
Score				
Fitness finding				
My overall fitness level is:				

COMPONENT	POWER	SPEED	AGILITY	BALANCE	COORDINATION	REACTION TIME
Activity	Standing Long Jump	50-meter Sprint	Side Shuttle	Stick Balance	Wand Juggling	Yardstick Drop
Score						
Fitness Findings						
My Overall Fitness Level Is						