**Fitness Testing Results**

Name: Div.: Date:

This testing is meant to allow you to create fitness goals for yourself, reflect on your progress, and then adjust your goals to continue improving your overall personal health.

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| **Type** | **Activity** | **Preliminary Results** | **End of Term #1** | **End of Term #2** | **End of Term #3** |
| Muscular Strength | Vertical Jump | Jump Height cm  - Reach Height cm  CM |  |  |  |
| Muscular Strength | Chin Ups |  |  |  |  |
| Muscular Endurance | Continuous Push Ups |  |  |  |  |
| Muscular Endurance | Curl Ups in 1min (max 75) |  |  |  |  |
| Flexibility | Sit & Reach Flexibility |  |  |  |  |
| Cardiovascular Endurance | 20m Shuttle Run (Beep Test) |  |  |  |  |
| Cardiovascular Health | Heart Rate (HR) Recovery | HR right after hard exercise  - HR after 2 minutes rest |  |  |  |