# Physical Fitness Assessment

|  |  |
| --- | --- |
| Date: |  |

## Measurements

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Measurement | This week | | | | | | | Last week | | | | | | | Difference | | | | | | |
| Height |  | | ft |  | | in | |  | | ft |  | | in | |  | | ft |  | | in | |
| Weight |  | | | | lbs | | |  | | | | lbs | | |  | | | | lbs | | |
| Body mass index |  |  | | | | |  |  |  | | | | |  |  |  | | | | |  |

## Agility

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Test | This week | | | | | | Last week | | | | | | Difference | | | | | |
| Sit-and-reach |  | | ft |  | | in |  | | ft |  | | in |  | | ft |  | | in |
| Vertical Jump |  | | ft |  | | in |  | | ft |  | | in |  | | ft |  | | in |
| Broad Jump |  | | ft |  | | in |  | | ft |  | | in |  | | ft |  | | in |
| Illinois Test |  | min | |  | sec | |  | min | |  | sec | |  | min | |  | sec | |

## Strength and Power

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Test | This Week | | Last Week | | Improved By: | |
| Sit-ups |  | reps/min |  | reps/min |  | reps/min |
| Push-ups |  | reps/min |  | reps/min |  | reps/min |
| Pull-ups |  | reps/min |  | reps/min |  | reps/min |

## Speed

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Test | This Week | | | | Last Week | | | | Improved By | | | |
| 40-yard sprint |  | min |  | sec |  | min |  | sec |  | min |  | sec |
| Sprint fatigue |  | ft |  | in |  | ft |  | in |  | ft |  | in |
| Mile run |  | min |  | sec |  | min |  | sec |  | min |  | sec |

## Endurance

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Test | This Week | | | | Last Week | | | | Improved By | | | |
| Shuttle run |  | min |  | sec |  | min |  | sec |  | min |  | sec |
| 12 min run |  | mi |  | ft |  | mi |  | ft |  | mi |  | ft |
| Mile run |  | min |  | sec |  | min |  | sec |  | min |  | sec |

Comments and goals

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