**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fitness Testing Recording Data Log**

**Health-Related Fitness Test Assessment Chart**

**Directions:** Record your healthy fitness zone and scores, then check off if your score falls into the needs improvement category, healthy fitness zone, or exceeds healthy fitness zone.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Fitness Component** | **Healthy Fitness Zone Range by age and gender** | **My Score** | **Needs Improvement** | **Healthy Fitness Zone** | **Exceeds Healthy Fitness Zone** |
| **Aerobic Capacity: (Cardiovascular Endurance)**  **20m Pacer** |  |  |  |  |  |
| **Aerobic Capacity:**  **(Cardiovascular Endurance)**  **1 Mile Run** |  |  |  |  |  |
| **Abdominal Muscular Strength and Endurance:**  **Curl-Up** |  |  |  |  |  |
| **Upper Body Muscular Strength and Endurance:**  **Push-Up** |  |  |  |  |  |
| **Flexibility: Back Saver Sit and Reach**  **(inches)** |  |  |  |  |  |

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**

**Part 1:** Using the data from your pre-test, create goals for improvement. Where would you like to be by the end of the year in regards to your personal level of fitness?

|  |  |  |
| --- | --- | --- |
| **Fitness Test** | **Pre Score**  (Beginning of the year fitness testing scores) | **Goal Score**  (What score would you like to achieve by the end of the year?) |
| **PACER** |  |  |
| **1 Mile Run** |  |  |
| **Curl-up**  **(up to 80)** |  |  |
| **Push-up** |  |  |
| **Back Saver Sit & Reach**  **(inches- up to 20)** |  |  |

**Part 2:** Decide what area of fitness you would like to improve throughout the course of the year. Fill in the FITT principle for ONE fitness test that you would like to improve. Use your FITT chart to help.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fitness Test** | **Health Related Fitness Component** | **Frequency**  (How many days per week) | **Time**  (How many minutes per day) | **Type**  (Which activities will help you improve) |
|  |  |  |  |  |

**Part 3:** When writing a goal, you need to include what you want to improve, how you plan on improving it, and a specific timeframe you will work on it. Using your data from Part 1 and Part 2, write a sentence about your goal for the year.

*Example:* I want to improve my pacer score to 40 (what) by jogging for 15 minutes in my neighborhood (how), 4 days a week (timeframe).

**Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**