

FITNESS FOR LIFE

Fitness Pre-Assessment

Directions:

1. Print this form.
2. Complete the 4 fitness assessments outlined in the course. A parent, counselor, or mentor must monitor your assessment and record your results Sign your name at the bottom and have your mentor sign to verify your scores.
3. Submit this completed table to the attention of your instructor.

NOTE: If you have recently completed Semester 1 of Fitness for Life, you do not have to re-test at this time. Fill in the chart below with your post-assessment scores from Semester 1 and submit to your instructor.

Name:

Date of Testing:

Fitness Test	Type of Score	Score
Mile Run	Time	
Sit-and-Reach	Inches Past the Toes	
Curl-ups	Number completed	
Pull-ups	Number completed	
Body Fat*	Percentage	

*The body fat test is very beneficial in determining level of fitness, but optional based on accessibility to equipment.

I verify that the above information is correct.

Student Signature: _____

Parent/Mentor Signature: _____