# 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