Name:

FAMILYTIMEFITNESS.COM

Physical Fitness Assessment Tracking

Schedule	1st 6-8 Weeks		2nd 6-8 Weeks		3rd 6-8 Weeks		4th 6-8 Weeks		5th 6-8 Weeks		6th 6-8 Weeks		7th 6-9 Weeks		8th 6-8 Weeks	
Date																
Attempt	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2
Vertical Jump																
Measured in Inches																
Standing Long Jump																
Measured in Feet and Inches																
Shuffle Pick- Up Test																
Measured in Seconds																
40 Yard Sprint																
Measured in Seconds																
Walk Run Test																
Measured in Minutes and Seconds																
Squat Test																
Measured in Number of Repititions																
Push - Ups																
Measured in Number of Repititions																
Sit Ups																
Measured in Number of Repititions																
Standing Balance																
Measured in Seconds																
Sit Reach Test																
Measured in inches																