Name: _____

Fitness Measurements

Aerobic Fitness	Start	2nd Week	4th Week	6th Week	8th Week	10th Week	12th Week	Goal
9-Minute Run/Walk (Yards completed)								
1-Mile Run / Walk (In minutes and seconds)								

You may choose either the nine-minute run/walk for distance OR the 1-mile run/walk for time. You may also do both for extra experience and benefit.

Strength	Start	2nd Week	4th Week	6th Week	8th Week	10th Week	12th Week	Goal
Sit-Ups								
Push-Ups								
Pull-Ups								

You must do the sit-ups exercise and one other (either push-ups or pull-ups). You may also do all three for extra experience and benefit. (Measurements should be in numbers and repetitions.)

Flexibility	Start	2nd Week	4th Week	6th Week	8th Week	10th Week	12th Week	Goal
Reach (in centimeters)								

Body Composition	Start	2nd Week	4th Week	6th Week	8th Week	10th Week	12th Week	Goal
BMI Percentile								