**Fitness Testing Results Sheet**

Name: Date:

Age: Resting Heart Rate (BPM):

Maximum Heart rate: (220-age):

|  |  |
| --- | --- |
| Fitness Test Name | Results |
| Illinois Agility Test |  |
| 20m Sprint Test |  |
| 60 second Press Up Test |  |
| 60 Second Sit Up Test |  |
| Standing Broad Jump Test |  |
| Sit & Reach Test |  |
| 12 Minute Cooper Run  |  |

Summary (How do you feel about your results):

Target for next steps (What are you hoping to improve for next time):