**Fitness Testing Results Sheet**

Name: Date:

Age: Resting Heart Rate:

Maximum Heart Rate (220 - your age):

|  |  |
| --- | --- |
| Fitness Test Name | Results |
|  |  |
|  |  |
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|  |  |
|  |  |
|  |  |

Summary:

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