

My *Fitness* Test

Instructions:

Perform this Fitness Test periodically to see how your body is growing stronger and your endurance is improving. To perform the test, all you need is a timer and a mat. Follow the instructions below for each activity. Then score your results in the Chart. Make sure you warm up properly before beginning the test.

Fitness Test Activities:

Balance Test: Stand on one leg and close your eyes. Time how long you can balance on one leg. If your other foot touches the ground or you reach out and hold on to something to catch your balance, stop the timer. Perform on each side.

Push Up Test: Get into a standard push up position and start the timer. Count how many push ups you can do in 1 minute. If you can't perform standard push ups, drop to your knees. If you can't perform knee push ups, do them against a wall.

Wall Sit Test: Find a clear space against a wall. Get into a squat position with your back against the wall. Scoot down until your legs create a 90 degree angle. Time how long you can hold the wall sit with perfect form with your hands by your side. If you have to use your hands or slide higher up the wall, stop the timer.

Sit Up Test: Lay on your back with your knees bent at a 90 degree angle. Place your hands interlaced behind your head or crossed over your chest. Count how many sit ups you can do in 1 minute. Your feet and hips need to remain connected to the ground throughout each sit up. If your feet lift off the ground or you lift your hips up to get more momentum, don't count that rep.

1 Mile Run or Walk Test: Run or walk 1 mile and record your time. You can alternate running and walking or you can just pick one to stick with throughout. Record your time including any stops or breaks in between.

