



Health and Fitness

Fitness Test Results

Client Name: _____

Lead your client through these fitness tests.

- Explain the tests clearly
- Be exact with your measurements
- Record your data accurately

800m Walk/Run Test			
Trainer	Lap Tally	Result	Rating



1 minute Push-Up Test			
Trainer	Level	Result	Rating



Plank Test			
Trainer	Level	Result	Rating



Sit and Reach Test		
Trainer	Result	Rating

