

Quarter 1

Period

Fitness Personal Best Assessment

President's Challenge

Name _____
 Date _____
 Gender _____ Age _____
 Ht. _____ Wt. _____

At each station:

1. Read content card and perform the tasks below.
2. Record your score and set a goal.
3. Give yourself a personal rating.

Fitness Stations	Personal Best		
	Pre	Goal	Post
1 Curl-up How many curl-ups can you perform in 1 minute?			
2 Push-up How many push-ups can you perform? Use an even rhythm (1 every 3 sec.) and do as many as possible.			
3 Sit and Reach How far can you reach? Perform 3 practice trials and score your 4th.			
4 Endurance Run/Walk How fast can you go at a steady pace? Time how long it takes you to complete the distance.			
5 Flex arm hang How long can you hang with your ^{chin} above the bar? Rate Yourself			

Pre _____ Post _____

- Needs Improvement Needs Improvement
 Moderately Fit Moderately Fit