



Personal Fitness Profile

Name: _____

Date: _____

Personal Fitness Profile

Complete a Personal Fitness Profile to determine your present level of fitness. Follow the instructions in the lesson to perform each test and record your results.

Resting Heart Rate: _____ beats per minute

Sit and Reach Test: _____ centimeters

Trunk Extension Test: _____ inches from the floor to your chin

Shoulder Lift Test: _____ inches from the floor to the stick

1-mile Jog or Walk Test: 60-second pulse: _____

Bent Knee Sit-up Test: _____ sit-ups in one-minute

Push-up Test: _____ push-ups in one-minute

Use this profile to identify your personal fitness strengths and weaknesses. These results should shape any exercise program you choose to develop. In the space below, reflect on your Personal Fitness Profile:
