



PHYSICAL FITNESS TEST		PFT RESULTS in 7TPE 2	PFT RESULTS in 7TPE 3	SCORE
Body Mass Index (BMI) Weight (kg) Height (m)	Weight (kg)			
	Height (m)			
	BMI Result			
	BMI Classification			
Waist to Height Ratio Waist (in) Height (in)	Waist circumference (in)			
	Height (in)			
	Result (in)			
	Classification			
Sit and Reach (Record the greatest out of 3 attempts)	Result (cm)			
	Classification			
Stork Balance Test (Add seconds obtained on right and left leg)	Result (sec)		4 secs	8
	Classification		Poor	
Plank Test	Number of seconds		60 secs	10
	Classification		Excellent	
Bleep Test	Result			
	Classification			
Sit Ups	No. of Rep			
	Classification			
Sidestep (Agility Test)	No. of cycles			
	Classification			
Hand – Eye Test (Coordination Test)	No. of successful catch			
	Classification			
Resting Heart Rate	Heart Rate			
	Classification			
TOTAL				___ / 100

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PE Number: 42 Section: CPE-201

Documentations

Stork Balance Test



Plank Test

