

My Fitness Tracker

Date of First Test: _____

Cardiovascular Endurance

Jumping Jacks Challenge (How many in 1 minute?)

Test Date	Number Completed	How I Felt	Goal for Next Time

Muscular Strength

Push-Up Challenge (How many with good form?)

Test Date	Number Completed	How I Felt	Goal for Next Time

Muscular Endurance

Wall Sit Challenge (How long can you hold it?)

Test Date	Time (seconds)	How I Felt	Goal for Next Time

Flexibility

Sit and Reach Test (How close to your toes?)

Test Date	Result (describe)	How I Felt	Goal for Next Time