

# 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