

PERSONAL FITNESS MEASUREMENT						
NAME				BIRTHDATE		
AGE	GRADE	M/F	HEIGHT	WEIGHT		
INSTRUCTOR			CLASS PERIOD			
COMPONENT	TEST	SCORES: TRIALS/GOALS				
		PRE-TEST	DATE	GOAL	POST-TEST	DATE
BODY COMPOSITION % OF BODY FAT	BMI					
CARDIO RESPIRATORY ENDURANCE	VO2max					
	1 MILE WALK RUN					
	9 MINUTE RUN					
	PACER					
AGILITY	SHUTTLE RUN					
FLEXIBILITY	SIT & REACH					
	TRUNK LIFT					
	ARM STRETCH R					
	ARM STRETCH L					
MUSCULAR ENDURANCE	CURL-UPS					
	SIT-UPS					
	FLEXED ARM HANG					
MUSCULAR STRENGTH	PUSH UPS					
	PULL UPS					

BMI Lookup Chart

		Weight (lbs)																			
Height		50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145
Feet	inches																				
3	4	22.0	24.2	26.4	28.6	30.8	33.0	35.2	37.4	39.5	41.7	43.9	46.1	48.3	50.5	52.7	54.9	57.1	59.3	61.5	63.7
3	5	20.9	23.0	25.1	27.2	29.3	31.4	33.5	35.6	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.3	54.4	56.5	58.6	60.6
3	6	19.9	21.9	23.9	25.9	27.9	29.9	31.9	33.9	35.9	37.9	39.9	41.8	43.8	45.8	47.8	49.8	51.8	53.8	55.8	57.8
3	7	19.0	20.9	22.8	24.7	26.6	28.5	30.4	32.3	34.2	36.1	38.0	39.9	41.8	43.7	45.6	47.5	49.4	51.3	53.2	55.1
3	8	18.2	20.0	21.8	23.6	25.4	27.2	29.1	30.9	32.7	34.5	36.3	38.1	39.9	41.8	43.6	45.4	47.2	49.0	50.8	52.7
3	9	17.4	19.1	20.8	22.6	24.3	26.0	27.8	29.5	31.2	33.0	34.7	36.5	38.2	39.9	41.7	43.4	45.1	46.9	48.6	50.3
3	10	16.6	18.3	19.9	21.6	23.3	24.9	26.6	28.2	29.9	31.6	33.2	34.9	36.5	38.2	39.9	41.5	43.2	44.9	46.5	48.2
3	11	15.9	17.5	19.1	20.7	22.3	23.9	25.5	27.1	28.6	30.2	31.8	33.4	35.0	36.6	38.2	39.8	41.4	43.0	44.6	46.2
4	0	15.3	16.8	18.3	19.8	21.4	22.9	24.4	25.9	27.5	29.0	30.5	32.0	33.6	35.1	36.6	38.1	39.7	41.2	42.7	44.2
4	1	14.6	16.1	17.6	19.0	20.5	22.0	23.4	24.9	26.4	27.8	29.3	30.7	32.2	33.7	35.1	36.6	38.1	39.5	41.0	42.5
4	2	14.1	15.5	16.9	18.3	19.7	21.1	22.5	23.9	25.3	26.7	28.1	29.5	30.9	32.3	33.7	35.2	36.6	38.0	39.4	40.8
4	3	13.5	14.9	16.2	17.6	18.9	20.3	21.6	23.0	24.3	25.7	27.0	28.4	29.7	31.1	32.4	33.8	35.1	36.5	37.8	39.2
4	4	13.0	14.3	15.6	16.9	18.2	19.5	20.8	22.1	23.4	24.7	26.0	27.3	28.6	29.9	31.2	32.5	33.8	35.1	36.4	37.7
4	5	12.5	13.8	15.0	16.3	17.5	18.8	20.0	21.3	22.5	23.8	25.0	26.3	27.5	28.8	30.0	31.3	32.5	33.8	35.0	36.3
4	6	12.1	13.3	14.5	15.7	16.9	18.1	19.3	20.5	21.7	22.9	24.1	25.3	26.5	27.7	28.9	30.1	31.3	32.5	33.8	35.0
4	7	11.6	12.8	13.9	15.1	16.3	17.4	18.6	19.8	20.9	22.1	23.2	24.4	25.6	26.7	27.9	29.1	30.2	31.4	32.5	33.7
4	8	11.2	12.3	13.5	14.6	15.7	16.8	17.9	19.1	20.2	21.3	22.4	23.5	24.7	25.8	26.9	28.0	29.1	30.3	31.4	32.5
4	9	10.8	11.9	13.0	14.1	15.1	16.2	17.3	18.4	19.5	20.6	21.6	22.7	23.8	24.9	26.0	27.0	28.1	29.2	30.3	31.4
4	10	10.4	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	21.9	23.0	24.0	25.1	26.1	27.2	28.2	29.3	30.3
4	11	10.1	11.1	12.1	13.1	14.1	15.1	16.2	17.2	18.2	19.2	20.2	21.2	22.2	23.2	24.2	25.2	26.3	27.3	28.3	29.3
5	0	9.8	10.7	11.7	12.7	13.7	14.6	15.6	16.6	17.6	18.6	19.5	20.5	21.5	22.5	23.4	24.4	25.4	26.4	27.4	28.3
5	1	9.4	10.4	11.3	12.3	13.2	14.2	15.1	16.1	17.0	18.0	18.9	19.8	20.8	21.7	22.7	23.6	24.6	25.5	26.5	27.4
5	2	9.1	10.1	11.0	11.9	12.8	13.7	14.6	15.5	16.5	17.4	18.3	19.2	20.1	21.0	21.9	22.9	23.8	24.7	25.6	26.5
5	3	8.9	9.7	10.6	11.5	12.4	13.3	14.2	15.1	15.9	16.8	17.7	18.6	19.5	20.4	21.3	22.1	23.0	23.9	24.8	25.7
5	4	8.6	9.4	10.3	11.2	12.0	12.9	13.7	14.6	15.4	16.3	17.2	18.0	18.9	19.7	20.6	21.5	22.3	23.2	24.0	24.9
5	5	8.3	9.2	10.0	10.8	11.6	12.5	13.3	14.1	15.0	15.8	16.6	17.5	18.3	19.1	20.0	20.8	21.6	22.5	23.3	24.1
5	6	8.1	8.9	9.7	10.5	11.3	12.1	12.9	13.7	14.5	15.3	16.1	16.9	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.4
5	7	7.8	8.6	9.4	10.2	11.0	11.7	12.5	13.3	14.1	14.9	15.7	16.4	17.2	18.0	18.8	19.6	20.4	21.1	21.9	22.7
5	8	7.6	8.4	9.1	9.9	10.6	11.4	12.2	12.9	13.7	14.4	15.2	16.0	16.7	17.5	18.2	19.0	19.8	20.5	21.3	22.0
5	9	7.4	8.1	8.9	9.6	10.3	11.1	11.8	12.6	13.3	14.0	14.8	15.5	16.2	17.0	17.7	18.5	19.2	19.9	20.7	21.4
5	10	7.2	7.9	8.6	9.3	10.0	10.8	11.5	12.2	12.9	13.6	14.3	15.1	15.8	16.5	17.2	17.9	18.7	19.4	20.1	20.8

		Weight (lbs)																											
Height		50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	1
Feet	Inches																												
4	0	15.3	16.8	18.3	19.8	21.4	22.9	24.4	25.9	27.5	29.0	30.5	32.0	33.6	35.1	36.6	38.1	39.7	41.2	42.7	44.2	45.8	47.3	48.8	50.4	51.9	53.4	54.9	5
4	1	14.6	16.1	17.6	19.0	20.5	22.0	23.4	24.9	26.4	27.8	29.3	30.7	32.2	33.7	35.1	36.6	38.1	39.5	41.0	42.5	43.9	45.4	46.9	48.3	49.8	51.2	52.7	5
4	2	14.1	15.5	16.9	18.3	19.7	21.1	22.5	23.9	25.3	26.7	28.1	29.5	30.9	32.3	33.7	35.2	36.6	38.0	39.4	40.8	42.2	43.6	45.0	46.4	47.8	49.2	50.6	5
4	3	13.5	14.9	16.2	17.6	18.9	20.3	21.6	23.0	24.3	25.7	27.0	28.4	29.7	31.1	32.4	33.8	35.1	36.5	37.8	39.2	40.5	41.9	43.2	44.6	46.0	47.3	48.7	5
4	4	13.0	14.3	15.6	16.9	18.2	19.5	20.8	22.1	23.4	24.7	26.0	27.3	28.6	29.9	31.2	32.5	33.8	35.1	36.4	37.7	39.0	40.3	41.6	42.9	44.2	45.5	46.8	4
4	5	12.5	13.8	15.0	16.3	17.5	18.8	20.0	21.3	22.5	23.8	25.0	26.3	27.5	28.8	30.0	31.3	32.5	33.8	35.0	36.3	37.5	38.8	40.0	41.3	42.5	43.8	45.1	4
4	6	12.1	13.3	14.5	15.7	16.9	18.1	19.3	20.5	21.7	22.9	24.1	25.3	26.5	27.7	28.9	30.1	31.3	32.5	33.8	35.0	36.2	37.4	38.6	39.8	41.0	42.2	43.4	4
4	7	11.6	12.8	13.9	15.1	16.3	17.4	18.6	19.8	20.9	22.1	23.2	24.4	25.6	26.7	27.9	29.1	30.2	31.4	32.5	33.7	34.9	36.0	37.2	38.3	39.5	40.7	41.8	4
4	8	11.2	12.3	13.5	14.6	15.7	16.8	17.9	19.1	20.2	21.3	22.4	23.5	24.7	25.8	26.9	28.0	29.1	30.3	31.4	32.5	33.6	34.8	35.9	37.0	38.1	39.2	40.4	4
4	9	10.8	11.9	13.0	14.1	15.1	16.2	17.3	18.4	19.5	20.6	21.6	22.7	23.8	24.9	26.0	27.0	28.1	29.2	30.3	31.4	32.5	33.5	34.6	35.7	36.8	37.9	39.0	4
4	10	10.4	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	21.9	23.0	24.0	25.1	26.1	27.2	28.2	29.3	30.3	31.3	32.4	33.4	34.5	35.5	36.6	37.6	3
4	11	10.1	11.1	12.1	13.1	14.1	15.1	16.2	17.2	18.2	19.2	20.2	21.2	22.2	23.2	24.2	25.2	26.3	27.3	28.3	29.3	30.3	31.3	32.3	33.3	34.3	35.3	36.4	3
5	0	9.8	10.7	11.7	12.7	13.7	14.6	15.6	16.6	17.6	18.6	19.5	20.5	21.5	22.5	23.4	24.4	25.4	26.4	27.3	28.3	29.3	30.3	31.2	32.2	33.2	34.2	35.2	3
5	1	9.4	10.4	11.3	12.3	13.2	14.2	15.1	16.1	17.0	18.0	18.9	19.8	20.8	21.7	22.7	23.6	24.6	25.5	26.5	27.4	28.3	29.3	30.2	31.2	32.1	33.1	34.0	3
5	2	9.1	10.1	11.0	11.9	12.8	13.7	14.6	15.5	16.5	17.4	18.3	19.2	20.1	21.0	21.9	22.9	23.8	24.7	25.6	26.5	27.4	28.3	29.3	30.2	31.1	32.0	32.9	3
5	3	8.9	9.7	10.6	11.5	12.4	13.3	14.2	15.1	15.9	16.8	17.7	18.6	19.5	20.4	21.3	22.1	23.0	23.9	24.8	25.7	26.6	27.5	28.3	29.2	30.1	31.0	31.9	3
5	4	8.6	9.4	10.3	11.2	12.0	12.9	13.7	14.6	15.4	16.3	17.2	18.0	18.9	19.7	20.6	21.5	22.3	23.2	24.0	24.9	25.7	26.6	27.5	28.3	29.2	30.0	30.9	3
5	5	8.3	9.2	10.0	10.8	11.6	12.5	13.3	14.1	15.0	15.8	16.6	17.5	18.3	19.1	20.0	20.8	21.6	22.5	23.3	24.1	25.0	25.8	26.6	27.5	28.3	29.1	30.0	3
5	6	8.1	8.9	9.7	10.5	11.3	12.1	12.9	13.7	14.5	15.3	16.1	16.9	17.8	18.6	19.4	20.2	21.0	21.8	22.6	23.4	24.2	25.0	25.8	26.6	27.4	28.2	29.1	2
5	7	7.8	8.6	9.4	10.2	11.0	11.7	12.5	13.3	14.1	14.9	15.7	16.4	17.2	18.0	18.8	19.6	20.4	21.1	21.9	22.7	23.5	24.3	25.1	25.8	26.6	27.4	28.2	2
5	8	7.6	8.4	9.1	9.9	10.6	11.4	12.2	12.9	13.7	14.4	15.2	16.0	16.7	17.5	18.2	19.0	19.8	20.5	21.3	22.0	22.8	23.6	24.3	25.1	25.8	26.6	27.4	2
5	9	7.4	8.1	8.9	9.6	10.3	11.1	11.8	12.6	13.3	14.0	14.8	15.5	16.2	17.0	17.7	18.5	19.2	19.9	20.7	21.4	22.2	22.9	23.6	24.4	25.1	25.8	26.6	2
5	10	7.2	7.9	8.6	9.3	10.0	10.8	11.5	12.2	12.9	13.6	14.3	15.1	15.8	16.5	17.2	17.9	18.7	19.4	20.1	20.8	21.5	22.2	22.9	23.6	24.4	25.1	25.8	2
5	11	7.0	7.7	8.4	9.1	9.8	10.5	11.2	11.9	12.6	13.2	13.9	14.6	15.3	16.0	16.7	17.4	18.1	18.8	19.5	20.2	20.9	21.6	22.3	23.0	23.7	24.4	25.1	2
6	0	6.8	7.5	8.1	8.8	9.5	10.2	10.8	11.5	12.2	12.9	13.6	14.2	14.9	15.6	16.3	17.0	17.6	18.3	19.0	19.7	20.3	21.0	21.7	22.4	23.1	23.7	24.4	2