

Presidential Fitness Test Record Sheet

Student's Name		
Student's Age	Check Gender: Male Female	
Pre-Test Date	Post-Test Date	
Event	Pre-Test Score	Post-Test Score
Curl-Ups OR Partial Curl-Ups Record the number done in one minute. Circle which type of Curl-Ups you did.		
Shuttle Run Record your score in seconds.		
V-Sit Reach Record the number in + or - inches		
One Mile Run OR Walk Record your score in minutes and seconds. Circle which event you did.		
Pull-Ups OR Right Angle Push-Ups Record the number done in one minute. Circle which event you did.		