

## Presidential Fitness Test Record Sheet

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