**Fitness Test**

**Fall 2017**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Test #1: Push-Ups**

**Attempt #1= \_\_\_\_\_\_\_\_**

**Attempt #2= \_\_\_\_\_\_\_\_**

**Attempt #3= \_\_\_\_\_\_\_\_**

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**Test #2 Sit-Ups**

**Attempt #1= \_\_\_\_\_\_\_\_**

**Attempt #2= \_\_\_\_\_\_\_\_**

**Attempt #3= \_\_\_\_\_\_\_\_**

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**Test #3 Flexibility**

**Attempt #1= \_\_\_\_\_\_\_\_**

**Attempt #2= \_\_\_\_\_\_\_\_**

**Attempt #3= \_\_\_\_\_\_\_\_**

**Test #4 Pull-Ups**

**Attempt #1= \_\_\_\_\_\_\_\_**

**Attempt #2= \_\_\_\_\_\_\_\_**

**Attempt #3= \_\_\_\_\_\_\_\_**

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**Test # 5 Pacer**

**Attempt #1= \_\_\_\_\_\_\_\_**