|  |  |  |
| --- | --- | --- |
| Fitness Test Analysis Report | Name: |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Skill** | **Your Result** | | **Class Average** | | **Your Goal for Spring** | |
| 40 Yard Dash |  | seconds |  | seconds |  | seconds |
| Push-Ups |  | |  | |  | |
| Sit-Ups |  | |  | |  | |
| Flex Arm Hang |  | seconds |  | seconds |  | seconds |
| Mile Run |  | |  | |  | |

|  |  |
| --- | --- |
| Which Skill Area above would you like to work on over the course of the next 10 weeks? |  |
|  |  |
| How will you improve upon the Skill Area above as you work toward your goal? |  |