

Fitness

Fitness Test, Current Activity Levels and Short-Term Targets

Test Activity	Row 2 Min.	Run 2 Min.	Bike 2 Min.	Press Ups	Sit Ups	Dips	Squat Thrusts	Pull Ups

Current Exercise/Activity Levels - Include walking/cycling to school, exercise at break and lunch time, clubs and teams played for at school and at home, exercise taken in the evenings whether formal or not.

Short/Long-Term Targets - What you intend to do to improve your exercise/activity levels over the next nine weeks - e.g. Walk/cycle to school, be more active at break and/or lunchtimes, take part in team/club activity at school, take part in activities outside of school.

Short Term

Long Term

Fitness

Fitness Training Record Sheet Name _____

Aerobic Exercise

Exercise	Level	Time	Dist.	Level	Time	Dist.	Level	Time	Dist.
Treadmill									
Cross Trainer									
Bicycle									
Rowing Machine									
Spinning Bike									

Weight Training Exercises

Exercise	Reps.	Weight	Reps.	Weight	Reps.	Weight
Lat. Pull Downs	12		12		12	
	10		10		10	
	8		8		8	
Triceps Push Downs	12		12		12	
	10		10		10	
	8		8		8	
Quadriceps Extensions	12		12		12	
	10		10		10	
	8		8		8	
Hamstring Curls	12		12		12	
	10		10		10	
	8		8		8	
Bench Press	12		12		12	
	10		10		10	
	8		8		8	
Bicep Curls	12		12		12	
	10		10		10	
	8		8		8	
Sit Ups	12		12		12	
	10		10		10	
	8		8		8	
Shoulder Press	12		12		12	
	10		10		10	
	8		8		8	