

Term:

# Fitness Testing Record

Fitness Testing Dates: (refer below for test details)																						
CLASS:		Test 1 Result	Rating	Test 2 Result	Rating	Test 3 Result	Rating	Test 4 Result	Rating	Test 5 Result	Rating	Test 6 Result	Rating	Test 7 Result	Rating	Test 8 Result	Rating	Test 9 Result	Rating	Test 10 Result	Rating	
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Fitness Component	URL Source Rob Woods Fitness Test Page	Primary Test Used	Test	Secondary Test Used	Test	Tertiary Test Used	Test
<b>Aerobic</b>	<a href="http://www.topendsports.com/testing/aerobic.htm">http://www.topendsports.com/testing/aerobic.htm</a>						
<b>Anaerobic</b>	<a href="http://www.topendsports.com/testing/anaerob.htm">http://www.topendsports.com/testing/anaerob.htm</a>						
<b>Body Composition</b>	<a href="http://www.topendsports.com/testing/bodycomp.htm">http://www.topendsports.com/testing/bodycomp.htm</a>						
<b>Flexibility</b>	<a href="http://www.topendsports.com/testing/flex.htm">http://www.topendsports.com/testing/flex.htm</a>						
<b>Agility</b>	<a href="http://www.topendsports.com/testing/agility.htm">http://www.topendsports.com/testing/agility.htm</a>						
<b>Health</b>	<a href="http://www.topendsports.com/testing/health.htm">http://www.topendsports.com/testing/health.htm</a>						
<b>Anthropometry</b>	<a href="http://www.topendsports.com/testing/size.htm">http://www.topendsports.com/testing/size.htm</a>						