

Fitness Record Form

Date _____ Name _____

M__ F__ Age _____

Station	Results	Comments
Chair stand Used knees <input type="checkbox"/> Used chair arm <input type="checkbox"/>		
Push-up Full <input type="checkbox"/> Knee <input type="checkbox"/> Wall <input type="checkbox"/>		
Chair sit-and-reach		
Back scratch		
8 ft up-and-go		
2-minute step		
6-minute walk		

Fitness Record Form

Date _____ Name _____

M__ F__ Age _____

Station	Results	Comments
Chair stand Used knees <input type="checkbox"/> Used chair arm <input type="checkbox"/>		
Push-up Full <input type="checkbox"/> Knee <input type="checkbox"/> Wall <input type="checkbox"/>		
Chair sit-and-reach		
Back scratch		
8 ft up-and-go		
2-minute step		
6-minute walk		

Chair stand exercise: Assesses lower body strength. Counts the number of full stands from a seated position that can be completed in 30 seconds.

Push-up exercise: Assesses upper body strength. Counts the number of push-up that can be completed in 30 seconds.

Chair sit-and-reach exercise: Assesses lower body flexibility. The number of inches (to the nearest ½ inch)

Back scratch exercise: Assesses upper body flexibility. The number of inches (to the nearest ½ inch)

8 ft. up-and-go exercise: Assesses agility and balance. Counts the number of seconds required to complete the exercise.

2-minute step exercise: Assesses aerobic endurance. Counts the number of full steps completed in 2 minutes.

6-minute walk exercise: Assesses aerobic endurance. Counts the number of yards that can be walked in 6 minutes.

Chair stand exercise: Assesses lower body strength. Counts the number of full stands from a seated position that can be completed in 30 seconds.

Push-up exercise: Assesses upper body strength. Counts the number of push-up that can be completed in 30 seconds.

Chair sit-and-reach exercise: Assesses lower body flexibility. The number of inches (to the nearest ½ inch)

Back scratch exercise: Assesses upper body flexibility. The number of inches (to the nearest ½ inch)

8 ft. up-and-go exercise: Assesses agility and balance. Counts the number of seconds required to complete the exercise.

2-minute step exercise: Assesses aerobic endurance. Counts the number of full steps completed in 2 minutes.

6-minute walk exercise: Assesses aerobic endurance. Counts the number of yards that can be walked in 6 minutes.