

# REALITY FITNESS ASSESSMENT TRACKING FORM

	BUILDING	INTENSIFY	ADVANCED	SUSTAINABILITY		
DATE OF ASSESSMENT						
TIME OF DAY						
<b>BODY COMPOSITION</b>						
Weight						
Neck						
Shoulders						
Chest						
Waist						
Hips						
Right Arm						
Right Leg						
<b>CARDIOVASCULAR FITNESS</b>						
1.5 mile run time						
OR						
1.0 mile walk time						
<b>MUSCULAR ENDURANCE</b>						
Squats (# in 1 minute)						
Pushups Off Toes (max #)						
OR						
Pushups Off Knees (max #)						
Plank off Elbows (max time)						
<b>BALANCE</b>						
Right Foot Hops ( # in 1 min)						
Left Foot Hops (# in 1 min)						
OR						
Right Foot Standing (max time)						
Left Foot Standing (max time)						
<b>NOTES</b>						