

REALITY FITNESS ASSESSMENT TRACKING FORM

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