![C:\Documents and Settings\kcain\Local Settings\Temporary Internet Files\Content.IE5\3JRFGX49\MC900310820[1].wmf]()My Personal Fitness Appraisal

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| C:\Documents and Settings\kcain\Local Settings\Temporary Internet Files\Content.IE5\CNI3R2ML\MC900438742[1].jpg |  | **Initial** | **Mid** | **Final** |
| **Fitness Test** | **Fitness Component** | **Score** | **Goal** | **Score** | **Goal** | **Score** | **Goal** |
| **Forearm Plank** |  |  |  |  |  |  |  |
| **Squats** |  |  |  |  |  |  |  |
| **Side Plank (R)** |  |  |  |  |  |  |  |
| **Side Plank (L)** |  |  |  |  |  |  |  |
| **Wall Sit** |  |  |  |  |  |  |  |
| **Push-Ups** |  |  |  |  |  |  |  |
| **Sit & Reach** |  |  |  |  |  |  |  |
| **Stork Stand** |  |  |  |  |  |  |  |
| **1.5 Mile Run (2.4 km)** |  |  |  |  |  |  |  |
| **Bicep Curl (R)** |  |  |  |  |  |  |  |
| **Bicep Curl (L)** |  |  |  |  |  |  |  |