

Your Fitness Results

Name _____

DOB _____ Date _____

Aerobic Fitness Test

Resting heart rate _____ beats per minute

Immediate post-test _____ beats per minute

1 minute post-test _____ beats per minute

Your score: _____ percentile

Rating of perceived exertion: _____ points

The faster your heart rate drops, the fitter you are.

Fitness Category	HR Percentiles	Boys HR (6-9 yrs)	Boys HR (10-12 yrs)	Girls HR (6-9 yrs)	Girls HR (10-12 yrs)
Excellent	< 5th	< 95	< 93	< 100	< 102
Very Good	< 25th	95-106	93-105	100-113	102-116
Good	< 50th	107-115	106-116	114-123	117-128
Sufficient	< 75th	116-126	117-128	124-135	129-141
Poor	< 95th	127-142	129-147	135-152	142-157
Very Poor	> 95th	> 142	> 147	> 152	> 157

Handgrip Strength Test

Dominant hand grip _____ pounds

Your score: _____ percentile

BOYS												
Age (Years)	Percentile											
	5th	10th	20th	30th	40th	50th	60th	70th	80th	90th	95th	
6-7	11.3	12.9	15.1	16.7	18.1	19.5	20.9	22.4	24.1	26.4	28.3	
8-9	16.0	18.2	21.0	23.0	24.8	26.5	28.2	30.1	32.2	35.2	37.7	
10-11	23.6	26.8	30.7	33.5	35.9	38.1	40.3	42.7	45.7	49.9	53.4	
12-13	33.2	37.6	42.8	46.5	49.5	52.3	55.2	58.3	62.1	67.7	72.6	
14-15	42.4	47.8	54.2	58.6	62.2	65.5	68.8	72.5	77.1	83.9	89.9	
16-17	50.0	56.2	63.4	68.3	72.3	75.9	79.6	83.7	88.8	96.5	103.3	
18-19	55.7	62.3	70.0	75.3	79.5	83.3	87.2	91.5	97.0	105.1	112.4	

GIRLS												
Age (Years)	Percentile											
	5th	10th	20th	30th	40th	50th	60th	70th	80th	90th	95th	
6-7	10.5	12.0	13.9	15.4	16.7	17.9	19.2	20.6	22.3	24.5	26.4	
8-9	10.5	18.3	20.8	22.7	24.3	25.8	27.3	29.0	31.0	33.9	36.3	
10-11	22.4	25.0	28.0	30.3	32.1	33.9	35.7	37.7	40.1	43.6	46.6	
12-13	27.8	30.7	34.3	36.8	39.0	41.0	43.0	45.2	48.0	52.0	55.5	
14-15	32.0	35.2	39.1	41.8	44.2	46.4	48.6	51.1	54.1	58.4	62.2	
16-17	34.9	38.3	42.4	45.3	47.8	50.2	52.5	55.1	58.3	62.9	66.8	
18-19	36.8	40.2	44.4	47.4	50.0	52.5	54.9	57.6	60.9	65.6	69.7	

Flexibility Test

Sit-and-reach distance _____ cm

Your score: _____ percentile

BOYS												
Age (Years)	Percentile											
	5th	10th	20th	30th	40th	50th	60th	70th	80th	90th	95th	
6-7	9.5	13.2	17.5	20.4	22.8	24.9	27.0	29.4	32.4	36.8	40.7	
8-9	9.0	12.3	16.5	19.5	22.0	24.4	26.8	29.3	32.3	36.4	39.9	
10-11	8.8	12.0	16.0	19.0	21.7	24.3	27.0	29.5	32.5	36.4	39.6	
12-13	8.8	11.8	15.7	18.8	21.6	24.3	27.1	29.7	32.7	36.6	39.5	
14-15	8.8	11.7	15.6	18.7	21.6	24.4	27.3	29.9	33.0	36.8	39.6	
16-17	8.8	11.7	15.6	18.7	21.6	24.4	27.4	30.1	33.2	37.0	39.7	
18-19	8.8	11.7	15.6	18.7	21.6	24.5	27.5	30.3	33.4	37.1	39.8	

GIRLS												
Age (Years)	Percentile											
	5th	10th	20th	30th	40th	50th	60th	70th	80th	90th	95th	
6-7	15.1	19.3	23.8	26.7	29.0	30.9	32.8	35.0	37.6	41.6	45.1	
8-9	15.0	19.2	23.7	26.6	28.9	30.9	32.9	35.1	37.8	41.7	45.2	
10-11	14.9	19.1	23.6	26.6	28.9	31.0	33.0	35.2	37.9	41.9	45.3	
12-13	14.9	18.9	23.5	26.5	28.9	31.0	33.1	35.3	38.1	42.0	45.3	
14-15	14.8	18.8	23.4	26.4	28.8	31.0	33.1	35.5	38.2	42.1	45.4	
16-17	14.7	18.7	23.3	26.4	28.8	31.0	33.2	35.6	38.4	42.3	45.5	
18-19	14.6	18.6	23.1	26.3	28.7	31.0	33.3	35.7	38.5	42.4	45.6	

Main fitness recommendation(s): check and provide key bullets

AEROBIC FITNESS

MUSCLE STRENGTH

FLEXIBILITY

What is your SMART goal going to be?

Must be specific, measurable, attainable, relevant and timely

What will you do?

How often will you do it?