



# TEST RESULTS



TEST	TRIAL 1	TRIAL 2	TRIAL 3
<b>Wall Sit</b>	Record time in seconds:	Record time in seconds:	Record time in seconds:
<b>Plank</b>	Record time in seconds:	Record time in seconds:	Record time in seconds:
<b>Sit Up</b>	Number:	Number:	Number:
<b>Push Up</b>	Number:	Number:	Number:
<b>Balance</b>	Record time in seconds:	Record time in seconds:	Record time in seconds:
<b>12 Minute Test</b>	Record distance in kilometers	Record distance in kilometers	Record distance in kilometers