

Youth Sports Fitness Evaluation Form

Participant Information

Name

Age

Gender

Sport

Fitness Assessments

Height (cm)

Weight (kg)

BMI

Resting Heart Rate (bpm)

Performance Tests

Push-ups (reps)

Sit-ups (reps)

Sprint 20m (sec)

Vertical Jump (cm)

Sit-and-Reach Test (cm)

Coach's Evaluation

Strength

Agility

Endurance

Coach's Notes