Youth Sports Physical Fitness Assessment Sheet

Sex Date Deleight (cm) Veight (kg) Sport Assessment Results Test Result Notes	Name			
Date Height (cm) Veight (kg) Sport Assessment Results Test Result Notes Push-ups (1 min) Sit-ups (1 min) Shuttle Run (sec) Vertical Jump (cm) Flexibility (Sit and Reach, cm) 1-Mile Run/Walk (min:sec) Other Evaluator's Observations Comments/Recommendations	Age			
Date Height (cm) Veight (kg) Sport Assessment Results Test Result Notes Push-ups (1 min) Sit-ups (1 min) Shuttle Run (sec) Vertical Jump (cm) Flexibility (Sit and Reach, cm) 1-Mile Run/Walk (min:sec) Other Evaluator's Observations Comments/Recommendations				
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Sit-ups (1 min) Shuttle Run (sec) Vertical Jump (cm) Flexibility (Sit and Reach, cm) 1-Mile Run/Walk (min:sec) Other Evaluator's Observations Comments/Recommendations	Test	Result	Notes	
Shuttle Run (sec) Vertical Jump (cm) Flexibility (Sit and Reach, cm) 1-Mile Run/Walk (min:sec) Other Evaluator's Observations Comments/Recommendations	Push-ups (1 min)			
Vertical Jump (cm) Flexibility (Sit and Reach, cm) 1-Mile Run/Walk (min:sec) Other Evaluator's Observations Comments/Recommendations	Sit-ups (1 min)			
Flexibility (Sit and Reach, cm) 1-Mile Run/Walk (min:sec) Other Evaluator's Observations Comments/Recommendations	Shuttle Run (sec)			
1-Mile Run/Walk (min:sec) Other Evaluator's Observations Comments/Recommendations	Vertical Jump (cm)			
Other Evaluator's Observations Comments/Recommendations	Flexibility (Sit and Reach, cm)			
Evaluator's Observations Comments/Recommendations	1-Mile Run/Walk (min:sec)			
Comments/Recommendations	Other			
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