

# Youth Sports Physical Fitness Assessment Sheet

Name

Age

Sex

Date

Height (cm)

Weight (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

Evaluator Name

Signature

Date