

My Presidential Fitness Test Results

A record of my progress



Name: _____ Grade: _____

Test 1 Date: _____ Test 2 Date: _____

We are proud of the effort you put in on test day! This page shows your results and helps you see your progress. Remember, every test is a chance to learn, grow, and set a goal for next time.

TASK	TEST	TEST 1 SCORE	TEST 1 LEVEL	TEST 2 SCORE	TEST 2 LEVEL	PROGRESS MADE?
Core Strength	Sit-Ups		☐ Presidential ☐ National ☐ Developing		☐ Presidential ☐ National ☐ Developing	☐
	Plank		☐ Presidential ☐ National ☐ Developing		☐ Presidential ☐ National ☐ Developing	☐
Cardiovascular Endurance	1 Mile Run		☐ Presidential ☐ National ☐ Developing		☐ Presidential ☐ National ☐ Developing	☐
	20-Meter Beep Test		☐ Presidential ☐ National ☐ Developing		☐ Presidential ☐ National ☐ Developing	☐
Upper-Body Strength	Push-Ups		☐ Presidential ☐ National ☐ Developing		☐ Presidential ☐ National ☐ Developing	☐
	Pull-Ups		☐ Presidential ☐ National ☐ Developing		☐ Presidential ☐ National ☐ Developing	☐



Celebrate Your Achievement

Every student deserves recognition for working hard on test day. If you met the Presidential or National goal in each fitness category, you may also earn an extra award.

Congratulations! You earned:

- ☐ Presidential Award
- ☐ National Award
- ☐ Certificate of Participation

My Reflection:

One thing I'm proud of:
