

Presidential Fitness Test

Scorecard: 20-Meter Beep Test



Name: _____

Date: _____ Class Period: _____

Lap Reached: _____

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test

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Notes: _____

Presidential Fitness Test

Scorecard: 1-Mile Run



Name: _____

Date: _____ Class Period: _____

Time: _____ minutes _____ seconds

Record to the nearest second.

Mode: ☐ Run ☐ Walk ☐ Wheel

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test

Scorecard: 1-Mile Run



Name: _____

Date: _____ Class Period: _____

Time: _____ minutes _____ seconds

Record to the nearest second.

Mode: ☐ Run ☐ Walk ☐ Wheel

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

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Scorecard: 1-Mile Run



Name: _____

Date: _____ Class Period: _____

Time: _____ minutes _____ seconds

Record to the nearest second.

Mode: ☐ Run ☐ Walk ☐ Wheel

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test

Scorecard: 1-Mile Run



Name: _____

Date: _____ Class Period: _____

Time: _____ minutes _____ seconds

Record to the nearest second.

Mode: ☐ Run ☐ Walk ☐ Wheel

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Scorecard: Plank



Name: _____

Date: _____ Class Period: _____

Time Held: _____ seconds

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Scorecard: Plank



Name: _____

Date: _____ Class Period: _____

Time Held: _____ seconds

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Scorecard: Plank



Name: _____

Date: _____ Class Period: _____

Time Held: _____ seconds

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Scorecard: Plank



Name: _____

Date: _____ Class Period: _____

Time Held: _____ seconds

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Pull-Ups



Name: _____

Date: _____ Class Period: _____

Reps Completed: _____

Mode: ☐ Pull-Up ☐ Chin-Up

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Pull-Ups



Name: _____

Date: _____ Class Period: _____

Reps Completed: _____

Mode: ☐ Pull-Up ☐ Chin-Up

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Pull-Ups



Name: _____

Date: _____ Class Period: _____

Reps Completed: _____

Mode: ☐ Pull-Up ☐ Chin-Up

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes:

Presidential Fitness Test
Scorecard: Pull-Ups



Name: _____

Date: _____ Class Period: _____

Reps Completed: _____

Mode: ☐ Pull-Up ☐ Chin-Up

Modification/ ☐ yes

Accommodation Used: ☐ no Partner Initials: _____

Notes:

Presidential Fitness Test
Scorecard: Push-Ups



Name: _____

Date: _____ Class Period: _____

Reps in 1 Minute: _____

Modification/ ☐ yes
Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Push-Ups



Name: _____

Date: _____ Class Period: _____

Reps in 1 Minute: _____

Modification/ ☐ yes
Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Push-Ups



Name: _____

Date: _____ Class Period: _____

Reps in 1 Minute: _____

Modification/ ☐ yes
Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Push-Ups



Name: _____

Date: _____ Class Period: _____

Reps in 1 Minute: _____

Modification/ ☐ yes
Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Sit-Ups



Name: _____

Date: _____ Class Period: _____

Reps in 1 Minute: _____

Modification/ ☐ yes
Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Sit-Ups



Name: _____

Date: _____ Class Period: _____

Reps in 1 Minute: _____

Modification/ ☐ yes
Accommodation Used: ☐ no Partner Initials: _____

Notes: _____

Presidential Fitness Test
Scorecard: Sit-Ups



Name: _____

Date: _____ Class Period: _____

Reps in 1 Minute: _____

Modification/ ☐ yes
Accommodation Used: ☐ no Partner Initials: _____

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Date: _____ Class Period: _____

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