

<b>PERSONAL INFORMATION</b>			1x1 pic
Name:	Grade and Section:	Class No:	
Age:	Birthdate:		
Address:	Allergies:		
Major Illness/ Surgery:			

**Part 1. Health-Related Fitness Test**

**A. BODY COMPOSITION**

Height =	Weight =
<b>BMI =</b> weight (kg)/ [height (m)] <sup>2</sup>	
<b>BMI =</b>	INDICATOR=

BMI RATING CHART	
INDICATOR	
Underweight	Below 18.5
Normal	18.5 - 24.9
Overweight	25.0 - 29.9
Obese	30.0 - Above

**B. CARDIOVASCULAR ENDURANCE**

**3-Minute Step Test**

Heart Rate per Minute	
Before the Activity	After the Activity

**C. STRENGTH**

**90-Degree Push-ups**

Number of Push-ups	Performance Indicator

**Basic Plank**

Seconds of Basic Plank	Performance Indicator

**Rating Scale for STRENGTH**

Age 16-26	Male and Female	Male and Female
	Push-ups	Basic Planking
Excellent	33 and above	51 sec and above
Very Good	25 – 32	46-50 seconds
Good	17 – 24	31-45 seconds
Fair	9 – 6	16-30 seconds
Needs Improvement	1 – 8	1-15 seconds
Poor	Cannot execute	

**D. FLEXIBILITY**

**Zipper Test**

Overlap/Gap (centimeters)	
Right	Left
<b>PI:</b>	<b>PI:</b>

**Sit and Reach**

First Try (cm)	Second Try (cm)	Best Score
<b>PI:</b>		

Performance Indicator (PI)	Zipper Test - Standard	Sit and Reach - Standard
Excellent	6 cm and above	61 cm and above
Very Good	4 – 5.9 cm	46 – 60.9 cm
Good	2 – 3.9 cm	31 – 45.9 cm
Fair	1 – 1.9 cm	16 – 30.9 cm
Need improvement	Just touch the fingers	0 – 15.9 cm
Poor	Gaps of 1.0 or wider	

**Part 2. Skill-Related Fitness Test**

**A. COORDINATION**

**Juggling**

Score	Performance Indicator

**B. AGILITY**

**Hexagon Agility Test**

(00.00s)	1 <sup>st</sup> Try	2 <sup>nd</sup> Try
Clockwise Time		
Counterclockwise		
Average		
<b>Performance Indicator:</b>		

**C. POWER**

**Standing Long Jump**

Distance (in centimeters)	Performance Indicator

**D. BALANCE**

**Stork Balance Stand Test**

	Right Foot (00.00)	Left Foot(00.00)
Time		
<b>Performance Indicator:</b>		

**E. REACTION TIME**

**Stick Drop Test**

1 <sup>st</sup> Trial	2 <sup>nd</sup> Trial	3 <sup>rd</sup> Trial	Middle Score

Performance Indicator (PI)	Juggling	Hexagon Test	Standing Long Jump	Stork Balance Stand Test (in sec.)				Stick Drop Test (in cm)
				9-11 y.o	13-14 y.o	15-16 y.o	17 & above	
Excellent	41- above	5 sec. & below	201cm. & above	41-60	81-100	121-150	161-180	0 – 2.4
Very Good	31 – 40	6 – 10sec.	151 – 200cm.	31-40	61-80	91-120	121-160	5.08 – 10.16
Good	21 – 30	11 – 15sec.	126 – 150cm.	21-30	41-60	61-90	81-120	12.70 – 17.78
Fair	11 – 20	16 – 20sec.	101 – 125cm.	11-20	21-40	31-60	41-80	20.32 – 25.40
Need improvement	1 – 10	21 – 25sec.	55 – 100cm.	1-10	1-20	1-30	1-40	27.94 – 30.48
Poor		over 25sec.						Did not catch

**CHECKED AND EVALUATED BY:**

\_\_\_\_\_

Date: \_\_\_\_\_

Evaluation Grade: \_\_\_\_\_