

Fitness Test



1 min	Date:	Week 1	Date:	Week 6
1 Km run or walk				
Push ups (knees or toes)				
Sit ups (sit ups or crunches)				
Burpees (half or chest to ground)				
Wall sit. (as long as possible)				
Plank hold. (as long as possible)				

Record your time for the 1km, wall sit and plank hold

Record reps for the push ups, sit ups and burpees. If you do a mix of both full exercise and modified version, record reps for both.