

Date:		Location:				Assistant:					
Participant:						Age:			Gender:		
Treadmill			Cardio Assessment						Track		
MHR:		Starting HR:				Phase 1 - 220 Yards for Time: :					
Warm-Up:		Distance:		Time: :		If time is 1:30 or less, continue with Phase 2.					
MPH: /		Duration: :				Phase 2 - 880 Yards for Time: :					
Score:		Recovery HR's: / / /				Score:			RPE:		
3.0	3.0	4.0	5.0	6.0	7.5	Phase 1			Phase 2		
< 10	10	7.5	6	5	4	> 2:30	> 2:00	> 1:30	< 6:00	< 5:00	< 4:00
0	1	2	3	4	5	0	1	2	3	4	5
Phase 1			Leg Strength Assessment						Phase 2		
30 Squats for Time (1mCap):		Reps at: :				1-Min Squat AMRAP:			Reps		
If 30 reps in 1:00 or less, continue to Phase 2.											
Score:		Notes:									
< 10	< 20	< 30	< 15	< 30	30+						
0	1	2	3	4	5						
Phase 1			Abdominal Strength Assessment						Phase 2		
25 Leg-Raises for Time (1mCap):		Reps at: :				1-Min Leg-Raise AMRAP:			Reps		
If 25 reps in 1:00 or less, continue to Phase 2.											
Score:		Notes:									
< 12	< 18	< 25	< 15	< 25	25+						
0	1	2	3	4	5						
Phase 1			Arm Strength Assessment						Phase 2		
20 Push-Ups for Time (1mCap):		Reps at: :				1-Min Push-Up AMRAP:			Reps		
If 20 reps in 1:00 or less, continue to Phase 2.											
Score:		Notes:									
< 10	< 15	< 20	< 10	< 20	20+						
0	1	2	3	4	5						

Total Scores		+		+		+		=
Med-Fit Score	x 5 =							%