

Fitness testing tracker:

Exercise	Date:	Date:	Improvement?
Skill/Technique			
Upper body press	Notes:	Notes:	
Upper body pull	Notes:	Notes:	
Lower body press	Notes:	Notes:	
Lower body pull	Notes:	Notes:	
Speed			
50m sprint	Time:	Time:	
Power			
Broad jump	Dist:	Dist:	
Force/Strength			
Grip strength	Kg:	Kg:	
Dead bar hang	Time:	Time:	
Leg extension	Lbs:	Lbs:	
Goblet squat hold	Time:	Time:	
Hypertrophy			
TTMI/Body comp			
Muscular Endurance			
Plank (front)	Time:	Time:	
Plank (side)	Time:	Time:	
Pushups			
Anaerobic Capacity			
30/60 sec max effort (circle)	Dist:	Dist:	
Aerobic Capacity			
VO2 Max			
12 min max dist	Dist:	Dist:	
Long Duration			
Nasal breathing constant work	Dist: Time:	Dist: Time:	