



THE PRESIDENT'S CHALLENGE

ADULT FITNESS TEST



Get Your Adult Fitness Test Score!

As you complete each of the testing events, enter your data into the fields below. When all testing events are completed, transfer the data to the online data entry form and submit your data.

Please complete the form below. Mandatory fields are marked *

PERSONAL INFORMATION

State*

Gender * Male Female

Age * yrs

AEROBIC FITNESS

Must enter either a 1-mile walk time and heart rate or enter a 1.5-mile run time.

Mile Walk Time minutes seconds

Heart Rate (after walk) beats per minute

Weight lbs required for result calculation

OR

1.5-Mile Run Time minutes seconds

MUSCULAR STRENGTH

Half Sit-Ups (in one minute)

Push-Ups

FLEXIBILITY

Sit and Reach inches

BODY COMPOSITION

BMI/BODY MASS INDEX

Enter height in feet AND inches.

Height feet inches

Weight lbs

Waist Measurement inches