

Fit Test

Date: _____

Maximum Heart Rate = $220 - \text{Age}$ _____

Target Heart Rate = _____ 50% for beginners – _____ 80% more advanced

Resting Heart Rate 1) _____ 2) _____ Average: _____

Brisk Walk - 1 Mile Time _____ minutes

Heart Rate _____ Exercise Heart Rate _____

Flexibility 1) _____ 2) _____ Average _____

Push Ups (type of push-ups: _____) _____ in 1 Minute

Sit Ups (crunches or full sit ups) _____ in 1 Minute

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Resting Heart Rate 1) _____ 2) _____ Average: _____

Brisk Walk - 1 Mile Time _____ minutes

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Flexibility 1) _____ 2) _____ Average _____

Push Ups (type of push-ups: _____) _____ in 1 Minute

Sit Ups (crunches or full sit ups) _____ in 1 Minute

A few high blood pressure medications lower the maximum heart rate and thus the target zone rate. If the exerciser is taking such medicine, call the regular physician to find out if the target heart rate needs to be lowered.