

Presidential Fitness Test

Individual Performance Log

Maple Row Homestead Edition

Note: Targets show boys/girls 90th percentile standards

Exercise	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Broad Jump (Target: 78"/68" inches)	Stand behind line, swing arms, jump forward; measure best 2-3 attempts									
Pull-ups (Target: 10/2 reps)	Hang palms away, pull until chin clears bar; count valid reps									
Plank (Target: 180s/150s seconds)	Hold straight-arm plank; time until form breaks									
50-Yard Dash (Target: 7.2s/7.8s seconds)	Sprint 50 yards from start; record fastest legal time									
Vertical Jump (Target: 20"/16" inches)	Start flat-footed, jump straight up; measure vertical displacement									
Push-ups (Target: 35/20 reps)	Lower body in plank, lower chest to depth, return to extension; count valid reps									
Toe Reach (Target: 6"/8" inches)	From standing or seated, reach toward toes; measure past or short of toes									
Shuttle Run (Target: 10.5s/11.3s seconds)	Sprint back and forth between markers; record time									
Shot Put (Target: 290"/240" inches)	Throw ball from start with legal motion; measure best of 2-3 throws									
Sit-ups (Target: 50/42 reps)	Lie back, bend knees, sit up repeatedly for 60 seconds; count valid reps									
Wall Sit (Target: 120s/105s seconds)	Back flat against wall, knees near 90°, hold as long as possible									
1-Mile Run (Target: 6:30/7:30 minutes)	Run one mile as fast as possible; record finish time									
Chin-ups (Target: 12/4 reps)	Hang palms facing you, pull until chin clears bar; count valid reps									
Handstand Hold (Target: 20s/15s seconds)	Kick up to stable handstand and hold; time from stable to loss of control									
Jump Rope (Target: 140/125 reps)	Perform consecutive jumps in 60 seconds; count valid jumps									
Rope Climb (Target: 12s/18s seconds)	Climb rope from floor to set point; record time or completion									