

Two-Month Cadet Corps Physical Fitness Test Log and Goal Sheet

Name _____

TEST	DATE 1 (Baseline)	GOAL	DATE 2	DATE 3	DATE 4	DATE 5	DATE 6	DATE 7	DATE 8
One-mile run time in minutes and seconds									
Curl-Ups (number completed)									
Trunk-lift (# of inches off the ground)									
Push-ups (number completed)									
Sit & Reach (Left side distance)									
Sit & Reach (Right side distance)									
Shoulder stretch (Left arm over head)	yes	yes	yes	yes	yes	yes	yes	yes	yes
	no		no	no	no	no	no	no	no
Shoulder stretch (right arm over head)	yes	yes	yes	yes	yes	yes	yes	yes	yes
	no		no	no	no	no	no	no	no

Cadet Relection: As you turn in this log and goal sheet, answer the following questions on another sheet of paper.

1. For each test, did you meet your goals during the two month period?
2. What behaviors do you think helped you meet or approach your goals?
3. What behaviors do you think COULD HAVE helped you meet or approach your goals had you implemented them?
4. What will you do differently in the next two-month period to achieve your goals.