

FITNESS TESTS

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Student Reflection Journal

Fitness Testing Unit

Record your thoughts, track your progress, celebrate your growth

fitnesstests.app

Name: _____

Class: _____

Teacher: _____

Term / Year: _____

Pre-Unit Reflection

Before we start — what do you already know?

Rate your confidence in each fitness component (1 = low, 5 = high)

Aerobic Endurance	1	2	3	4	5
Muscular Strength	1	2	3	4	5
Muscular Endurance	1	2	3	4	5
Flexibility	1	2	3	4	5
Power	1	2	3	4	5
Agility	1	2	3	4	5
Speed	1	2	3	4	5
Body Composition	1	2	3	4	5

What does being 'fit' mean to you?

Name 3 fitness tests you've done before:

How did your understanding of fitness change over this unit?

What did the data tell you that surprised you?

What goals will you set for next term?

My Fitness Journey Summary

Fill in your final stats from the app

Fitness Tests

fitnesstests.app

My Level

e.g. Level 5 — Competitor

My XP

e.g. 850 XP

Badges Earned

/ 17

Tests Completed

e.g. 24

Personal Bests Set

e.g. 6

Goals Achieved

/

Best Rating

e.g. Excellent

Proudest Moment

What are you most proud of?