Scouting America

Measures of Physical Fitness

Define and track the assessments you will complete before, during, and after your 12-week physical fitness program.

		PRE-ASSESSMENT	WEEK 4	WEEK 8	POST-ASSESSMENT
CARDIORESPIRATORY	You must include one of these:				
	Walk/Run 1 mile (minutes:seconds)				
	1				
MUSCULAR STRENGTH	You must include one of these:				
	Sit-Ups (number in one minute)				
	Plank (time held)				
	2				
	You must include one of these:				
	Push-Ups (number in one minute)				
	Pull-Ups (number in one minute)				
	2				
FLEXIBILITY	You must include one of these:				
	Back-Saver Sit-and-Reach (inches)				
	Back Scratch Test (inches)				
	3				

1 If you are unable to walk or run as a result of a disability that is permanent or is expected to last for longer than two years, work with your counselor to define a test with a similar degree of aerobic challenge.

2 If you are unable to complete one of the two specified exercises (sit-ups or plank, and push-ups or pull-ups) safely and correctly, work with your counselor to replace it with a different exercise that measures strength and endurance.

3 If you are unable to do one of the suggested exercises (sit-and-reach or back scratch test), work with your counselor to define a different test of flexibility.