

**Personal Fitness INDIVIDUAL ASSESSMENTS LOG** -- Requirements 6, 8

SCOUT NAME / PATROL

		Baseline	2 weeks	4 weeks	6 weeks	8 weeks	10 weeks	Final (12)
DATE:								
<b>Aerobic</b> (time: mins:secs)	<i>Mile</i>							
	<i>Sit ups</i>							
<b>Strength</b> (Amount / 1 min)	<i>Push ups</i>							
	<i>Pull ups</i>							
	<i>Reach</i>							
<b>Flexibility</b> (ins or cms)	<i>Reach</i>							
<b>Body Comp</b> (ins or cms)	<i>Height</i>							
	<i>Weight</i>							
	<i>Arm</i>							
	<i>Shoulder</i>							
	<i>Chest</i>							
	<i>Abdomen</i>							
	<i>Thigh</i>							

Blue = Not Required

Print 1 copy to log bi-weekly assessments across 12 weeks

[www.scurrytails.com](http://www.scurrytails.com)