

Personal Fitness PATROL ASSESSMENTS LOG -- Requirements 6, 8

PATROL

		DATE:								
			Base	2	4	6	8	10	Final (12)	
SCOUT NAME	Aerobic (Time)	Mile								
	Strength (Amount / 1 min)	Sit ups								
		Push ups								
		Pull ups								
	Flexibility (cms)	Reach								
	Body Comp (cms)	Arm	Base	Final	Chest	Base	Final			
		Shoulder	Base	Final	Thigh	Base	Final			
Abdomen		Base	Final							
SCOUT NAME	Aerobic (Time)	Mile								
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		Push ups								
		Pull ups								
	Flexibility (cms)	Reach								
	Body Comp (cms)	Arm	Base	Final	Chest	Base	Final			
		Shoulder	Base	Final	Thigh	Base	Final			
Abdomen		Base	Final							
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	Body Comp (cms)	Arm	Base	Final	Chest	Base	Final			
		Shoulder	Base	Final	Thigh	Base	Final			
Abdomen		Base	Final							

Blue = Not Required

Print to log bi-weekly assessments across 12 weeks