

The President's Challenge Physical Fitness Program

Name: [Redacted]

Test: Mile Run

Date: 10/01/2012

Award: Participant

Sex: M Birth date: 07/10/2000

Age: 12 Height: 0'0" Weight: 0 lb

Grade: 7 Period: 4

Events	Your Scores	Your Percentiles	National Award Requirements	Presidential Award Requirements
Curl-ups	30	15	40	50
Shuttle Run	10	75	10.6	9.8
Sit and Reach	0	0	26	31
One-Mile Run	12:00	10	8:40	7:11
Pull-ups	1	40	2	7

Comments:

Abdominal Strength: "Your scores show that you need to improve your abdominal strength. Try doing sit-ups, stomach crunches, or other forms of abdominal exercises for 10 minutes per day, four to five days per week. Core strength is a key part of many activities."

Agility: "Your scores show that you need to improve your agility, quickness, and sprinting ability. Try doing activities that promote foot speed and running in short bursts such as jumping rope, tennis, handball, or basketball at least three times per week."

Flexibility: "Your scores show that you need to improve your agility, quickness, and sprinting ability. Try doing activities that promote foot speed and running in short bursts such as jumping rope, tennis, handball, or basketball at least three times per week."

Endurance: "Your scores show that you need to improve your endurance and distance running. Try doing cardiovascular activities such as jogging or walking, swimming, or bicycling for 20 minutes per day, three days per week. Try going longer as you get better and more comfortable."

Upper Body Strength: "Your scores show that you need to improve your upper body strength. Try doing push-ups, pull-ups, or chin-ups. Do as many repetitions as you can without too much strain or discomfort. Using dumbbells is another great way to increase your strength."

The President's Challenge is a program of the President's Council on Physical Fitness, Sports and Nutrition