

Prove IT! Four Quarter Fitness Challenge 2024 - Quarter 1

NAME: _____

- Tired of tracking fitness just to receive credit for a program and earn a gift card?
- Bored of logging what you regularly do?
- **This challenge is done in lieu of any fitness tracking programs.** You may do one, not both. You may count this in your fitness section of another program that has multiple aspects.
- THEN DONT! Prove you are fit by passing a simple fitness test and receive a gift card.
- **You must earn a passing score of 70 or more to receive credit for the fitness challenge.** If you do not score 70 then do the quarterly fitness initiative to earn a gift card this quarter.
- BONUS: Participate all four quarters, and a bonus gift card will be earned!

Directions for completing the test

- The test may be performed by walking on a treadmill, a track, road, or a city block etc.
- Do a brief warm up.
- Start a timer and walk **briskly** for one mile (1609 meters)
NO RUNNING. Walk as fast as you can.
- Record the time to complete the walk in minutes and seconds. **Then immediately take a manual 15 second pulse rate** (do not use treadmill sensors as these may not be accurate and cause you to fail the test). Multiply the pulse rate by 4 to get heart rate. Practice taking your pulse before performing the test.
- **Record the data in the left hand column of the chart, then return it to Brian Coles, or access it on line.**
www.exrx.net/Calculators/Rockport.html .
Record the score on the form and return to Brian Coles.

Male ▾ Sex	<input type="text"/>	METs
<input type="text"/> Age	<input type="text"/>	VO2 Max
<input type="text"/>	<input type="text"/>	
Pounds ▾ Weight	<input type="text"/>	Population Average
<input type="text"/> Heart Rate	<input type="text"/>	Score
<input type="text"/> Minutes	<input type="text"/>	Rating
<input type="text"/> Seconds	<input type="text"/>	<input type="text"/>
		Suggested Program
<input type="button" value="Calculate"/>		<input type="button" value="Reset"/>