

## Prove IT! Four Quarter Fitness Challenge 2023-3

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.
- Earn a passing score of 70 or more and receive credit for the fitness challenge.
- 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.**
- 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](http://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"/>	
<input type="text"/> Seconds	<input type="text"/>	Rating
		<input type="text"/>
		Suggested Program

Calculate Reset

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