

LECS PHYSICAL PERFORMANCE TEST



NAME: _____

DATE: _____

TASK	AMOUNT COMPLETED	PROCTOR'S INITIALS	TASK RESULTS PASS FAIL
SIT-UPS	(1 minute)		
PUSH-UPS	(1 minute)		
300 METER RUN	(mins/sec)		
1.5 MILE RUN	(mins/sec)		
FITNESS WALL RUN			
DUMMY DRAG			

COMMENTS: _____
