**http://www.KenAston.ORG**

**Ken Aston Referee Society**

**FITNESS AWARENESS PROFILE**

**Record your actual scores in the first box**

**Today’s Date...\_\_\_\_\_\_\_**

**And tick the category A, B or C appropriate to your score, BE HONEST!!!**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ITEM** | **SCORE** | **A** | **B** | **C** |
| Activity 1:Body Weight |  |  |  |  |
| Activity 2:Chest/Waist difference |  |  |  |  |
| **Activity 3: Body Fat %** |  |  |  |  |
| **Activity 4:Target Weight** |  |  |  |  |
| **Activity 5:Body-Mass-Index** |  |  |  |  |
| **Activity 6:Toe Touch** |  |  |  |  |
| **Activity 7:Standing Long Jump** |  |  |  |  |
| **Activity 8:Raising The Chest** |  |  |  |  |
| **Activity 9:Push-ups** |  |  |  |  |
| **Activity 10: Sit-ups** |  |  |  |  |
| **Activity 11:Breath Holding** |  |  |  |  |
| **Activity 12:Step Test** |  |  |  |  |