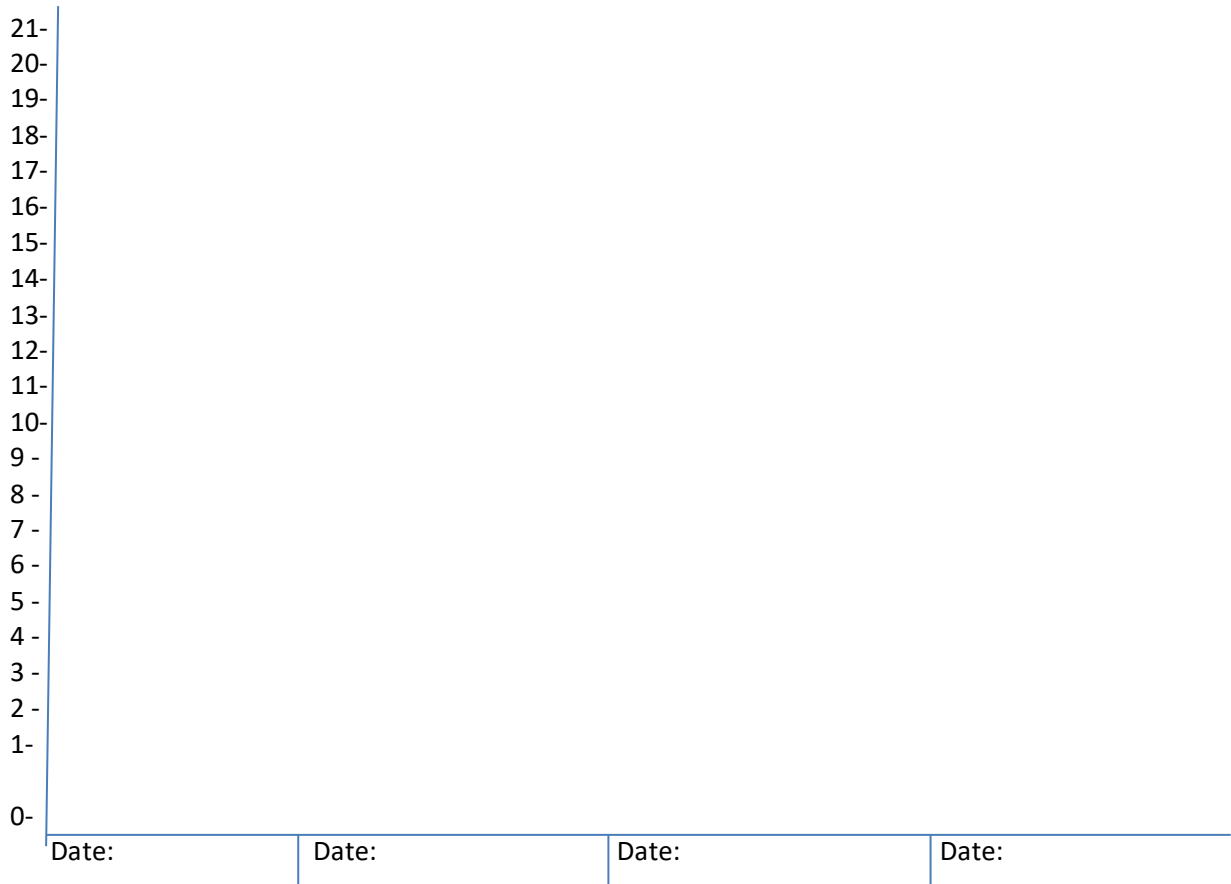




Multi Stage Fitness Test

Plot your results on the graph and see how you are progressing.



Name.....
School.....
Year group.....

In my first test I achieved...
.....

My feelings towards being active
1 = strongly dislike
5 = don't mind
10 = love being active

Circle a number below
1 2 3 4 5 6 7 8 9 10