

Evaluation Sheet

This sheet will be used to evaluate your progress while you train. It's important to adjust your training to adapt to how you are feeling, how well you are doing, and to focus on your weaker areas.

Pre-Training Evaluation

My favorite multisport is: SWIM BIKE RUN
(Circle one)

My least favorite is: SWIM BIKE RUN

Other sport(s) I will practice or play during my multisport training:

(Circle ALL that apply)

TRACK/ FIELD	BASEBALL/ SOFTBALL	KARATE/ MARTIAL ARTS
VOLLEYBALL	FOOTBALL	BASKETBALL
SOCCER	TENNIS	SWIMMING

OTHER: _____

#1 My 1st race is called: _____

This race is on: _____

I have _____ weeks to train for this race.

#2 My 2nd race is called: _____

This race is on: _____

I have _____ weeks to train for this race.

#3 My 3rd race is called: _____

This race is on: _____

I have _____ weeks to train for this race.

I want to train and compete in triathlons because: _____

My top 3 training goals are:

These goals should 1) specific to one activity & 2) realistic & achievable in the time before a race

1 _____

2 _____

3 _____

My 3 favorite foods are:

1 _____
2 _____
3 _____

3 foods I like to eat (or drink) but that I know are not good for me are:

1 _____
2 _____
3 _____

My top 3 nutrition goals are:

1 _____

2 _____

3 _____

Week # _____

DATE: _____

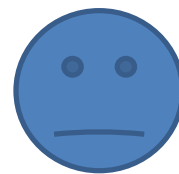
Today I feel...



HAPPY / EXCITED



SAD / TIRED

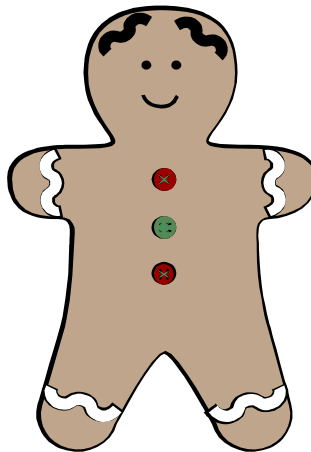


ANGRY / STRESSED

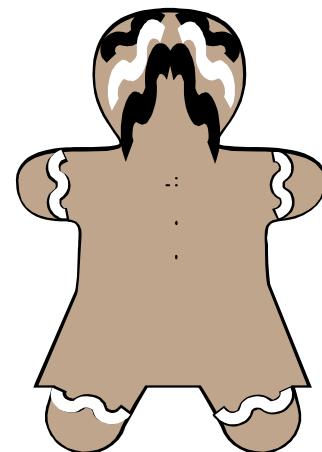
I don't feel good...

Mark the area where you are sore with an O
Mark the area where you have pain with an X

NOTES:



FRONT



BACK

Week # _____

DATE: _____

Today I feel...



HAPPY / EXCITED



SAD / TIRED

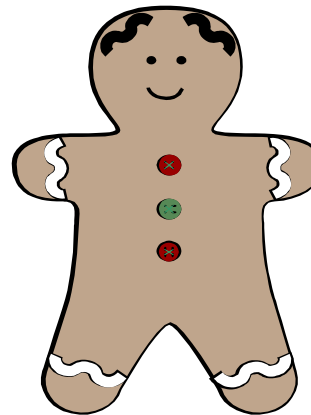


ANGRY / STRESSED

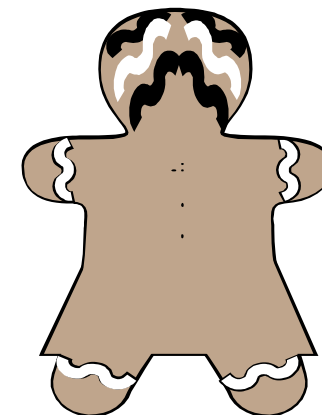
I don't feel good...

Mark the area where you are sore with an O
Mark the area where you have pain with an X

NOTES:



FRONT



BACK

FITNESS EVALUATION

This fitness evaluation will be done in Weeks 1, 5, & 9 to track your progress.

Always warm-up before hand to ensure your muscles are ready to workout.

1 Sit-ups: Number of reps completed in 1 minute.

Week 1

Week 5

Week 9

2 Push-ups: Number of reps completed in 1 minute.

Week 1

Week 5

Week 9

3 Toe-Touch: While standing, bend at the waist with knees straight.
Indicate how far you can reach (knees, shin, ankle, toes, floor)

Week 1

Week 5

Week 9

4 Timed Run: Run/Jog/Walk the required distance by age and time the results.
Ages 8-10 0.5 miles & Ages 11+ 1 mile

Week 1

Week 5

Week 9

The fitness test has been set-up to mirror the President's Youth Physical Fitness Test.
For more information about the program or how to correctly complete the exercises, go to:

<http://brochure.presidentschallenge.org>
and download the instructional brochure.