

Exercise #1 – Track Your Progress

Directions: At least **five times** prior to the date set by your instructor for the Cadet Challenge, complete the exercises that make up the Cadet Challenge. Try to achieve the 85th percentile standards listed in this unit. Record the dates you complete the exercises and your scores on the chart on the bottom of the page.

Since you are practicing these events on your own, the following guidelines will help:

- For the one-mile run/walk and shuttle run, try to run on a track—many already have distances marked. If not, choose a location where you will be able to measure and mark these distances. Make sure the running surface is smooth and that there is little pedestrian, bicycle, or automobile traffic, so you will not be slowed down or distracted.
- Have a friend or family member time you in the one-mile run/walk, shuttle run, and curl-ups; have them hold your feet and legs for the curl-ups and V-sit reach.
- If you do not have blocks for the shuttle run, use any light, small items that you can grip easily that are approximately 2" x 2" x 4".
- For the V-sit reach, use any straight line on the floor as your baseline (i.e., where carpet ends and tile begins, or place a piece of tape on the floor). Place a yardstick perpendicular to this line with 0" at the baseline. Make sure you place the heels of your feet on either side of where the yardstick meets the baseline, and measure the number of inches you stretch past the baseline with the yardstick.

Detach and turn in

SCHOOL _____

STUDENT'S NAME _____ AGE _____ WEIGHT _____

Scores

Date	Curl-Ups* (# one minute) <small>Partial Curl-Ups</small>	Shuttle Run (seconds)	V-Sit Reach (inches) <small>Sit and Reach</small>	One-Mile Run (minutes/seconds)	Pull-Ups* (#) <small>Right Angle Push-Ups Flexed Arm Hang (50th %)</small>

* For Curl-Ups the alternative is Partial Curl-ups. For Pull-ups, you can use the flexed-arm hang or right angle push-ups as alternatives to pull-ups.