

Runner _____ **Section** _____ **Date** _____

8 Minute Run/Walk					
Zones	Male		Female		Points
High Performance	More Than 1.4 miles	13.5 +	More Than 1 mile	10.5 +	10
Good Fitness	1.1 miles	10.50-13.49	.85 miles	8.00-10.49	8
Marginal Fitness	.9 miles	8.50-10.49	.75 miles	6.00-7.99	4
Low	Less Than .9 miles	Less Than 8.50	Less Than .75 miles	Less Than 6	2

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18

We certify that is
the number of laps run.

Starting Heart Rate.....

End of Run Heart Rate

3 Minute Heart Rate.....

8 Minute Run/Walk

Zones	Male		Female		Points
High Performance	More Than 1.4 miles	13.5 +	More Than 1 mile	10.5 +	10
Good Fitness	1.1 miles	10.50–13.49	.85 miles	8.00–10.49	8
Marginal Fitness	.9 miles	8.50–10.49	.75 miles	6.00–7.99	4
Low	Less Than .9 miles	Less Than 8.50	Less Than .75 miles	Less Than 6	2

Points Earned for Each Run/Walk

- 5 points Running on the Scheduled Day
- 10 points Fitness Level
- 3 points Name, Section, and Date
- 12 points All Three Heart Rates
- 5 points Two Signatures
- 5 points Number of Laps Recorded