

Aerobic fitness: WALK test

Find a measured track or use the odometer of your car to mark a **1/2-mile** course along a level road. Walk as briskly as possible without showing signs of exhaustion, such as breathlessness or dizziness. Record your time in minutes and compare with the chart.

	Time (minutes)
Excellent	6 or less
Good	6:01 – 7:59
Average	8:00 – 10:59
Needs Work	11 or more