Evaluation of psychical condition and healthy habits

Results od the Cooper Test

|  |  |  |
| --- | --- | --- |
| **Date:** | **Time:** | **Distance:** |
| 7th of January 2018 | 11 min 26 seconds | 1950 meters |

Results of the International Psychical Fitness Test

|  |  |  |
| --- | --- | --- |
| **Date:** | **The kind of tasted skills:** | **Score:** |
| 8th of February 2018 | Long jump- power test (strenght of legs) | 1,8m |
| 8th of February 2018 | Slopes forward with lying back during 30 seconds-test of belly muscles | I did 23 flopes |
| 8th of February 2018 | The test of hanging endurance- test of arms and shoulders strenght | 21 seconds |
| 8th of February 2018 | Slow of trunk forward- test of suppleness | - |
| 9th of February 2018 | Run through 50 meters- test of speed | 7,14 seconds |
| 9th of February 2018 | Run through 800 meters- test of stamina | 2,16 minutes |

I’m a very active girl and doing sports makes me happy. I go to the gym 3 times a week and I also love running and dancing.

Natalia Jackowska, Poland