Evaluation of psychical condition and healthy habits

Results od the Cooper Test

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

Results of the International Psychical Fitness Test

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| **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