**CENTER & CONTACT NAME:**_____

_____

**DATE SUBMITTED:** _____

## 12-MINUTE PRE AND POST-TEST

For all GDCA Kids Running Program Participants:

- To accurately determine how far each student travels, please measure a route around your school.
- Have the children run/walk continuously for 12 minutes and determine how far they have traveled in the 12 minutes. If they are running laps, have them run in teams so the student counting the laps stands still while their teammate runs the laps.

This test helps determine the physical fitness changes for those participating in the program. (You may create your spreadsheet if you would like.)

FULL FORM ON APPENDIX A

| NAME | DISTANCE PRE-TRAINING | DISTANCE POST-TRAINING |
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