

MULTI STAGE FITNESS (SHUTTLE RUN) RECORD SHEET

CANDIDATES NAME																		
DATE OF TEST																		
VENUE																		
CONDUCTED BY (SIGN AND PRINT)																		
Level	SHUTTLE NUMBER																Level	
1.	1	2	3	4	5	6	7											1.
2.	1	2	3	4	5	6	7	8										2.
3.	1	2	3	4	5	6	7	8										3.
4.	1	2	3	4	5	6	7	8	9									4.
5.	1	2	3	4	5	6	7	8	9									5.
6.	1	2	3	4	5	6	7	8	9	10								6.
7.	1	2	3	4	5	6	7	8	9	10								7.
8.	1	2	3	4	5	6	7	8	9	10	11							8.
9.	1	2	3	4	5	6	7	8	9	10	11							9.
10.	1	2	3	4	5	6	7	8	9	10	11							10.
11.	1	2	3	4	5	6	7	8	9	10	11	12						11.
12.	1	2	3	4	5	6	7	8	9	10	11	12						12.
13.	1	2	3	4	5	6	7	8	9	10	11	12	13					13.
14.	1	2	3	4	5	6	7	8	9	10	11	12	13					14.
15.	1	2	3	4	5	6	7	8	9	10	11	12	13					15.
16.	1	2	3	4	5	6	7	8	9	10	11	12	13	14				16.
17.	1	2	3	4	5	6	7	8	9	10	11	12	13	14				17.
18.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			18.
19.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15			19.
20.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		20.
21.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		21.