

Reasons to assess your fitness level

(reasons to gather information on your performance)

- Provides you with objective & accurate (reliable facts) on my performance specific to the demands of the activity.
- Allows you to identify aspects of fitness that are areas of strength and weakness
- Identifying strength & weaknesses gives you a clear focus for planning a programme to improve a specific aspect of fitness
- Knowing your level of fitness will allow you to set a realistic and appropriate work load (starting point) for your training programme.
- Able to set achievable but challenging goals to help improve performance.