

# Yo-Yo Test Recording Sheet

## *Yo-Yo Intermittent Recovery Test Level 2*

Level	11.1								
Level	15.1								
Level	17.1	17.2							
Level	18.1	18.2	18.3						
Level	19.1	19.2	19.3	19.4					
Level	20.1	20.2	20.3	20.4	20.5	20.6	20.7	20.8	
Level	21.1	21.2	21.3	21.4	21.5	21.6	21.7	21.8	
Level	22.1	22.2	22.3	22.4	22.5	22.6	22.7	22.8	
Level	23.1	23.2	23.3	23.4	23.5	23.6	23.7	23.8	
Level	24.1	24.2	24.3	24.4	24.5	24.6	24.7	24.8	
Level	25.1	25.2	25.3	25.4	25.5	25.6	25.7	25.8	
Level	26.1	26.2	26.3	26.4	26.5	26.6	26.7	26.8	

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Surface: \_\_\_\_\_

Conditions: \_\_\_\_\_