## Additional file 3

## Materials needed for the PERF-FIT

1 agility ladder with nine (35x35 cm) squares and 3 cm wide rungs (see schedule)

4 sheets of paper with a red cross

1.5 liter pet bottle filled with water

8 pieces of foam (40 x 20 cm wide and 5 cm high)

4 soda cans (weight 13 oz or 0.368 kg)

2 kg sandbag (20x20 cm)

Tennis ball

Colored string or lace or sticker to indicate left and right for young children

Tape measure

Stopwatch



The PERF-FIT manual and the instruction videos to learn the test can be accessed free of charge after registration via the first author for use in low resource communities. bouwiensmits@hotmail.com