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Name	Date		
Birth Date/Age	/		
Teacher	Period		
	Score		
Aerobic Capacity:			
Mile run			
Walk			
Pacer			
Body Composition:			
Height/Weight			
ВМІ			
Muscular Strength:			
Curl-Up			
Trunk Lift			
Push-Up			
Modified f	Pull-Up		
Flexibility:			
Shoulder Stretch	R / L		
Sit and Re	each		

## **FITNESSGRAM**

Name	Date
Birth Date/Age	/
Teacher	Period
	<u>Score</u>
Aerobic Capacity:	
Mile run	
Walk	
Pacer	
Body Composition:	
Height/Weight	
BMI	
Muscular Strength:	
Curl-Up	
Trunk Lift	
Push-Up	
Modified	d Pull-Up
Flexibility:	. —
Shoulder Stret	ch R / L
	Reach