

FITNESSGRAM

Name_____ Date_____

Birth Date/Age_____/_____

Teacher_____ Period_____

Score

Aerobic Capacity:

Mile run _____

Walk _____

Pacer _____

Body Composition:

Height/Weight _____

BMI _____

Muscular Strength:

Curl-Up _____

Trunk Lift _____

Push-Up _____

Modified Pull-Up _____

Flexibility:

Shoulder Stretch R / L

Sit and Reach _____

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