**Fitnessgram Record Sheet**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: ­\_\_\_\_\_\_\_\_\_\_\_\_**

**PRE-TEST POST-TEST**

1. **Curl-ups = \_\_\_\_\_\_\_ 1. Curl-ups=\_\_\_\_\_\_\_**
2. **Push-Ups=\_\_\_\_\_\_\_ 2. Push-Ups=\_\_\_\_\_\_\_**
3. **Pacer = \_\_\_\_\_\_\_ 3. Pacer= \_\_\_\_\_\_\_**
4. **Sit-n-Reach= R- L- \_\_\_ 4. Sit-n-Reach=R- L-\_\_\_\_\_\_**
5. **Trunk-lift=\_\_\_\_\_\_\_ 5. Trunk-Lift=\_\_\_\_\_\_\_**

**MILE = \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fitnessgram Record Sheet**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: ­\_\_\_\_\_\_\_\_\_\_\_\_**

**PRE-TEST POST-TEST**

1. **Curl-ups = \_\_\_\_\_\_\_ 1. Curl-ups=\_\_\_\_\_\_\_**
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5. **Trunk-lift=\_\_\_\_\_\_\_ 5. Trunk-Lift=\_\_\_\_\_\_\_**

**MILE = \_\_\_\_\_\_\_\_\_\_\_\_\_\_**