



FITNESSGRAM PERSONAL RECORD

Gender: MALE _____ FEMALE _____

DOB _____

I understand that my fitness record is personal. I do not have to share my results. My fitness record is important since it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas for improving my fitness level.

DATE _____ STUDENT ID _____ TEACHER'S INITIALS _____

	DATE:		DATE:		DATE:	
	Goal	Score**	Goal	Score**	Goal	Score**
Aerobic Capacity						
Curl-Up						
Trunk Lift						
Upper Body Strength						
Flexibility						
BMI						

	DATE:		DATE:		DATE:	
	Goal	Score**	Goal	Score**	Goal	Score**
Aerobic Capacity						
Curl-Up						
Trunk Lift						
Upper Body Strength						
Flexibility						
BMI						

Fitnessgram includes tests to measure:

- Aerobic Capacity – One mile walk/run, PACER, Walk test
- Body Composition – Body Mass Index (height & weight)
- Abdominal Strength and Endurance – Curl-Up test
- Trunk extensor Strength and Flexibility – trunk Lift
- Upper Body Strength and Endurance – Modified Pull Up, Push Up, or Flex Arm Hang
- Flexibility – Shoulder Stretch, Back Saver Sit, and Reach

STUDENT NAME _____

DATE _____

STUDENT SIGNATURE _____

STUDENT ID _____