

Personal Fitness Record

Mile: (Cardiovascular)

Standard _____ Long Goal: _____

	<u>Date</u>	<u>Goal</u>	<u>Time</u>	<u>Comment / Emoji</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____

Bobcat Run (Cardiovascular)

	<u>Date</u>	<u>Goal</u>	<u>Time</u>	<u>Comment / Emoji</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____

Curl ups (Muscle endurance)

Standard _____ Long Goal: _____

	<u>Date</u>	<u>Goal</u>	<u>Score</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

Name: _____

Period _____ Grade _____

Grade: T1 _____ T2: _____ T3: _____

Pacers (cardiovascular)

Standard _____ Long Goal _____

	<u>Date</u>	<u>Goal</u>	<u>Score</u>	<u>Comment / Emoji</u>
1st.	_____	_____	_____	_____
T1.	_____	_____	_____	_____
T2.	_____	_____	_____	_____
T3.	_____	_____	_____	_____

Push Ups (muscle strength)

Standard _____ Long Goal: _____

	<u>Date</u>	<u>Goal</u>	<u>Score</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____
T4	_____	_____	_____	_____

Sit & Reach (Hamstring flexibility)

Standard: _____

	<u>Date</u>	<u>Goal</u>	<u>Left</u>	<u>Right</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

Pull Ups (Strength)

	<u>Date</u>	<u>Goal</u>	<u>Score</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

Shuttle Run (Agility)

	<u>Date</u>	<u>Goal</u>	<u>Time</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

40 yard dash (Speed)

	<u>Date</u>	<u>Goal</u>	<u>Time</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

Standing Long Jump (Power)

	<u>Date</u>	<u>Goal</u>	<u>Score</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

Vertical Jump (Power)

	<u>Date</u>	<u>Goal</u>	<u>Score</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

Seated Medicine Ball Toss (Power)

	<u>Date</u>	<u>Goal</u>	<u>Score</u>	<u>Comment / Emoji</u>
1 st	_____	_____	_____	_____
T1	_____	_____	_____	_____
T2	_____	_____	_____	_____
T3	_____	_____	_____	_____

Physical Fitness Standards

<i><u>Girls</u></i>	<i><u>6th grade</u></i>	<i><u>7th grade</u></i>	<i><u>8th grade</u></i>
Pacer	15 – 41	23 – 51	23 – 51
Mile Run	12:00-9:00	11:30-9:00	11:00-8:30
Curl Ups	18 – 32	18 – 32	18 -32
Push Ups	7 - 15	7 - 15	7 – 15
Trunk Lift	9 -12 in.	9 -12 in.	9 -12 in.
Sit & Reach	10 in.	10 in.	10 in.

<i><u>Boys</u></i>	<i><u>6th grade</u></i>	<i><u>7th grade</u></i>	<i><u>8th grade</u></i>
Pacer	32 - 72	41 - 83	41 – 83
Mile Run	10:30 – 8:00	10 :00 – 7:30	9:30 – 7:00
Curl Ups	18 -36	21 -40	24 – 45
Push Ups	10 -20	12 – 25	14 – 30
Trunk Lift	9 -12 in.	9 -12 in.	9 -12 in.
Sit & Reach	8 in.	8 in.	8 in.