

## Fitnessgram Results

Name \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_ ft \_\_\_\_\_ in Weight \_\_\_\_\_

Test	My Score	Healthy Fitness Zone	My Goal
Pacer (Aerobic Endurance)		Age 12 B 32-72 G 23-41 Age 13 B 41-72 G 23-51 Age 14 B 41-83 G 23-51	
Push-Up (Muscular Strength)		Age 12 B 10-20 G 7-15 Age 13 B 12-25 G 7-15 Age 14 B 14-30 G 7-15	
Curl-Up (Muscular Strength)		Age 12 B 18-36 G 18-32 Age 13 B 21-40 G 18-32 Age 14 B 24-45 G 18-32	
Sit/Reach (Flexibility)		B 8-12 G 10-12	
Trunk Lift (Flexibility)		B 9-12 G 9-12	

Place an X for the test(s) in which you are in the Healthy Fitness Zone:

Pacer \_\_\_\_\_, Push-up \_\_\_\_\_, Curl-up \_\_\_\_\_, Sit/Reach \_\_\_\_\_, Trunk Lift \_\_\_\_\_

Tests I need to improve:

Pacer \_\_\_\_\_, Push-up \_\_\_\_\_, Curl-up \_\_\_\_\_, Sit/Reach \_\_\_\_\_, Trunk Lift \_\_\_\_\_

Stretches/Exercises to Improve: (Pacer) \_\_\_\_\_

(Push-Up) \_\_\_\_\_ (Curl-Up) \_\_\_\_\_

(Sit/Reach) \_\_\_\_\_ (Trunk Lift) \_\_\_\_\_

### Workout Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday