

PERSONAL FITNESS RECORD

Name: _____ Age: _____ Height: _____ Weight: _____
 School: _____ Grade: _____

EVENT

DATE:

DATE:

SCORE	HFZ	SCORE	HFZ

Aerobic Capacity

Pacer:

--	--	--	--

Upper Body Strength

Push Up:

--	--	--	--

Flexed Arm Hang:

--	--	--	--

Flexibility

Sit & Reach:

LT:	RT:	LT:	RT:

Trunk Lift:

--	--	--	--

Curl Up:

--	--	--	--

Vertical Jump:

--	--	--	--

The test I performed best in was _____. I think I performed well because _____

The test I need to improve the most in is _____

One way I can improve for the springs _____

Doing well on the _____ test may help me with this activity because _____

PERSONAL FITNESS RECORD

Name: _____ Age: _____ Height: _____ Weight: _____
 School: _____ Grade: _____

EVENT

DATE:

DATE:

SCORE	HFZ	SCORE	HFZ

Aerobic Capacity

Pacer:

--	--	--	--

Upper Body Strength

Push Up:

--	--	--	--

Flexed Arm Hang:

--	--	--	--

Flexibility

Sit & Reach:

LT:	RT:	LT:	RT:

Trunk Lift:

--	--	--	--

Curl Up:

--	--	--	--

Vertical Jump:

--	--	--	--

The test I performed best in was _____. I think I performed well because _____

The test I need to improve the most in is _____

One way I can improve for the springs _____

Doing well on the _____ test may help me with this activity because _____

The Pacer Individual Score Sheet

Teacher: _____ Class: _____ Date: _____

Laps(20-meter Length)	1	2	3	4	5	6	7
1	1	2	3	4	5	6	7
2	8	9	10	11	12	13	14
3	16	17	18	19	20	21	22
4	24	25	26	27	28	29	30
5	33	34	35	36	37	38	39
6	42	43	44	45	46	47	48
7	52	53	54	55	56	57	58
8	62	63	64	65	66	67	68
9	73	74	75	76	77	78	79
10	84	85	86	87	88	89	90
11	95	96	97	98	99	100	101
12	107	108	109	110	111	112	113
13	119	120	121	122	123	124	125
14	131	132	133	134	135	136	137

Lane: _____ Student Name: _____ # of Laps _____

The Pacer Individual Score Sheet

Teacher: _____ Class: _____ Date: _____

Laps(20-meter Length)	1	2	3	4	5	6	7
1	1	2	3	4	5	6	7
2	8	9	10	11	12	13	14
3	16	17	18	19	20	21	22
4	24	25	26	27	28	29	30
5	33	34	35	36	37	38	39
6	42	43	44	45	46	47	48
7	52	53	54	55	56	57	58
8	62	63	64	65	66	67	68
9	73	74	75	76	77	78	79
10	84	85	86	87	88	89	90
11	95	96	97	98	99	100	101
12	107	108	109	110	111	112	113
13	119	120	121	122	123	124	125
14	131	132	133	134	135	136	137

Lane: _____ Student Name: _____ # of Laps _____
