



ATHLOS ATHLETIC SCORECARD

Student Name:

Grade:

Fitness Assessment

| Most Recent Score | Personal Record | Most Recent Score | Personal Record |
|-----------------------------------|-----------------|--------------------------|-----------------|
| Trunk Lift | | Curl-Up | |
| inches (XX.X) | | number completed | |
| 10 | 10.5 | 15 | 17 |
| 90° Push-up | | PACER Test | |
| number completed | | number of laps completed | |
| 9 | 11 | 18 | 19 |
| Sit & Reach | | BMI | |
| inches (XX.X) to nearest 1/2 inch | | Body Mass Index | |
| 5.5 | 5.5 | 23.82 | |

Performance Assessment

| Most Recent Score | Personal Record | Most Recent Score | Personal Record |
|---------------------------|-----------------|-------------------------|-----------------|
| Standing Long Jump | | 20 Yard Sprint | |
| inches (XX.X) | | seconds (XX.XX) | |
| 14.5 | 15.5 | 7.06 | 6.98 |
| Vertical Jump | | 300 Yard Shuttle | |
| inches (XX.X) | | seconds (XX.XX) | |
| 12.3 | 13.5 | 73.65 | 70.02 |
| HEX Agility | | | |
| seconds (XX.XX) | | | |
| 25.25 | 25.25 | | |

► About this scorecard

The Athlos athletic scorecard is provided to encourage conversation between you, your student, and your student's athletic performance coach. Both the fitness and performance battery of tests is intended to give you an opportunity to see your student focus on improving their fitness and overall athleticism while also encouraging a conversation between you and your student regarding their effort towards becoming a more active, fit, and efficient mover. The Athlos athletic scorecard is not provided for comparative value against other students. Continued improvement and establishing a lifetime of fitness is the goal of the Athlos athletic curriculum.

ATHLOS ATHLETICS = ACTIVE, FIT, & EFFICIENT MOVER