

Name: Samuel Sharp
Period: 5

PERSONAL BEST DAY CARD

AGE AS OF FEBRUARY:

11 12 13 14 15

	PRE TEST	HEALTHY FITNESS ZONE	MY GOAL	TEST 1	TEST 2	FINAL FITNESS TEST	WAS HFZ MET?	WAS GOAL MET?
MILE	14:48		9:50 or less					
PACER	15		30+					
CURL UPS	20		35+					
TRUNK LIFT	10 in.		15+ in.					
PUSH UPS	7		15+					
SIT AND REACH	L 4 R5	L R	L10+ R12+	L R	L R	L R	L R	L R
ARM STRETCH	L Y RY	LY RY	LY RY	L R	L R	L R	L R	L R
HEIGHT								
WEIGHT								