

FITNESSGRAM

Personal Fitness Record

Name _____	School _____	Grade _____	Age _____	Ht _____	Wt _____
		Date: _____	Date: _____		Date: _____
	Score	HFZ	Score	HFZ	Score
Aerobic capacity:	_____	_____	_____	_____	_____
Curl-up	_____	_____	_____	_____	_____
Trunk lift	_____	_____	_____	_____	_____
Upper body strength:	_____	_____	_____	_____	_____
Flexibility:	_____	_____	_____	_____	_____
Skinfolds:					
Triceps	_____	_____	_____	_____	_____
Calf	_____	_____	_____	_____	_____
Total	_____	_____	_____	_____	_____

Note: HFZ indicates you have performed in the Healthy Fitness Zone.

I understand that my fitness record is personal. I do not have to share my results. My fitness record is important since it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas for improving my fitness level.

FIGURE B.13

From *FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Updated Fourth Edition* by The Cooper Institute, 2010, Champaign, IL: Human Kinetics.

FITNESSGRAM

Personal Fitness Record

Name _____	School _____	Grade _____	Age _____	Ht _____	Wt _____
		Date: _____	Date: _____		Date: _____
	Score	HFZ	Score	HFZ	Score
Aerobic capacity:	_____	_____	_____	_____	_____
Curl-up	_____	_____	_____	_____	_____
Trunk lift	_____	_____	_____	_____	_____
Upper body strength:	_____	_____	_____	_____	_____
Flexibility:	_____	_____	_____	_____	_____
Skinfolds:					
Triceps	_____	_____	_____	_____	_____
Calf	_____	_____	_____	_____	_____
Total	_____	_____	_____	_____	_____

Note: HFZ indicates you have performed in the Healthy Fitness Zone.

I understand that my fitness record is personal. I do not have to share my results. My fitness record is important since it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas for improving my fitness level.

FIGURE B.13

From *FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Updated Fourth Edition* by The Cooper Institute, 2010, Champaign, IL: Human Kinetics.