



Fitness Gram Scores and Goals

Name _____ Block _____
 Fall Due Date _____ Spring Due Date _____

Record your Fitnessgram fitness test scores. Set a realistic and attainable goal for the Spring. Use the Healthy Fitness Zone (HFZ) to help make your spring goals. Circle yes or no based on your results.

Fall Test	Fall Score AGE _____	Goal	Healthy Fitness Zone based on age. Did you meet the HFZ?
Mile			Yes No
Curl Up			Yes No
Trunk Lift			Yes No
Push Ups			Yes No
Sit and Reach	L R		Yes No
Height/Weight BMI			Yes No

Directions: Record your Fitnessgram fitness test scores. Circle yes or no based on your results.

Spring Test	Spring Score AGE _____	Did you meet your goal?	Did you meet the HFZ?
Mile		Yes No	Yes No
Curl Up		Yes No	Yes No
Trunk Lift		Yes No	Yes No
Push Ups		Yes No	Yes No
Sit and Reach	L R	Yes No	Yes No
Height/Weight BMI		Yes No	Yes No

FITNESSGRAM Healthy Fitness Zones MALE

	Mile Run	Body Mass Index	Curl Up	Trunk Lift	Push Up	Sit & Reach
13	> 41.1	21.3 – 15.5	>21	9 - 12	> 12	8
14	> 42.5	22.1 - 16.1	>24	9 - 12	> 14	8
15	> 43.6	22.9 - 16.6	>24	9 - 12	> 16	8
16	> 44.1	23.7 - 17.2	>24	9 - 12	> 18	8
17	> 44.1	24.4 - 17.8	>24	9 - 12	> 18	8

FITNESSGRAM Healthy Fitness Zones FEMALE

	Mile Run	Body Mass Index	Curl Up	Trunk Lift	Push Up	Sit & Reach
13	> 39.7	22.0 – 15.4	>18	9 - 12	> 7	10
14	> 39.4	22.8 – 15.4	> 18	9 - 12	> 7	10
15	> 39.1	23.5 – 16.4	>18	9 - 12	> 7	12
16	> 38.9	24.1 – 16.9	>18	9 - 12	> 7	12
17	> 38.8	24.6- 17.3	>18	9 - 12	> 7	12

Mile Run:

Fall Mile Date: _____

Lap 1	Lap 2	Lap 3	Lap 4	Total Time

Spring Mile Date: _____

Lap 1	Lap 2	Lap 3	Lap 4	Total Time

