## FITNESSGRAM Class Record

School: Grade: Teacher:

ID	Name	PACER (#)	Push Up	Curl-Up	Trunk Lift (inches)	Sit + Reach Left Right	

## Healthy Fitness Zone GET IN IT, STAY IN IT.

ME:	ID:	AGE:	GRADE:			
CARDIOVA	SCULAR ENI	OURANG	<u>CE</u>			
Pacer HFZ =	(see wa					
1	2	3.	•••••			
STRENGTE	<u>I</u>					
$Push\text{-}Up\ HFZ = \dots \qquad \text{(see wall chart)}$						
1	2	3.	• • • • • • • •			
Curl Ups HF	$Z = \dots \dots$ (so	ee wall chart)				
1	2	3.	•••••			
FLEXIBILI Sit and Reach	<b>TY</b> n HFZ =	(see wall	chart)			
1. L= R=	2. L= R=	3.	L= R=			
Trunk Extens	sion HFZ =	(see v	vall chart)			
	_	_				