



# Healthy Fitness Zone

## GET IN IT, STAY IN IT.

NAME: \_\_\_\_\_ ID: \_\_\_\_\_ AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_

### CARDIOVASCULAR ENDURANCE

Pacer HFZ = ..... (see wall chart)

1..... 2..... 3.....

### STRENGTH

Push-Up HFZ = ..... (see wall chart)

1..... 2..... 3.....

Curl Ups HFZ = ..... (see wall chart)

1..... 2..... 3.....

### FLEXIBILITY

Sit and Reach HFZ = ..... (see wall chart)

1. L= R= 2. L= R= 3. L= R=

Trunk Extension HFZ = ..... (see wall chart)

1..... 2..... 3.....