

Name \_\_\_\_\_

Date \_\_\_\_\_

Teacher \_\_\_\_\_

Fitnessgram Goal Sheet

	Healthy Zone by Age	Goals for Fitness Test	Results of Pre-Test	New Goals
Pacer				
Curl-Ups				
Modified Pull-Ups				
Squats				
	L R	L R	L R	L R
Back Saver				
Trunk-Lift				