

Fitness Awards Criteria

Blue Certificate = passing 6/6 Fitnessgram tests

Red Certificate = passing 5/6 Fitnessgram tests

Fitness Shirt = RVMS Elite Fitness status

	<u>Boys</u>	<u>Girls</u>
Mile Run	7:00	7:15
Push Ups	35	25
Curl Ups	65	65
Trunk Lift	10	10
Sit & Reach	10	12