

Name _____ Period _____
 Fall Due Date _____ Spring Due Date _____

Fitnessgram Fitness Test

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

Parent signature _____

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. Copy the HFZ for your current age. Circle yes or no based on your results. **Parent signature**

Spring Test	Spring Score 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

FITNESSGRAM Healthy Fitness Zones MALE

	Mile Run	Body Mass Index	Curl Up	Trunk Lift	Push Up	Sit & Reach
10	> 40.2	18.9 – 14.3	> 12	9 - 12	> 7	8
11	> 40.2	19.7 – 14.6	> 15	9 - 12	> 8	8
12	> 40.3	20.5 – 15.1	>18	9 - 12	> 10	8
13	> 41.1	21.3 – 15.5	>21	9 - 12	> 12	8
14	> 42.5	22.1- 16.1	>24	9 - 12	> 14	8

FITNESSGRAM Healthy Fitness Zones FEMALE

	Mile Run	Body Mass Index	Curl Up	Trunk Lift	Push Up	Sit & Reach
10	> 40.2	19.5 – 14.1	> 12	9 - 12	> 7	9
11	> 40.2	20.4 – 14.5	> 15	9 - 12	> 7	10
12	> 40.1	21.2 – 14.9	>18	9 - 12	> 7	10
13	> 39.7	22.0 – 15.4	>18	9 - 12	> 7	10
14	> 39.4	22.8- 15.9	>18	9 - 12	> 7	10

Blue Certificate = passing 6/6 Fitnessgram tests
Red Certificate = passing 5/6 Fitnessgram tests