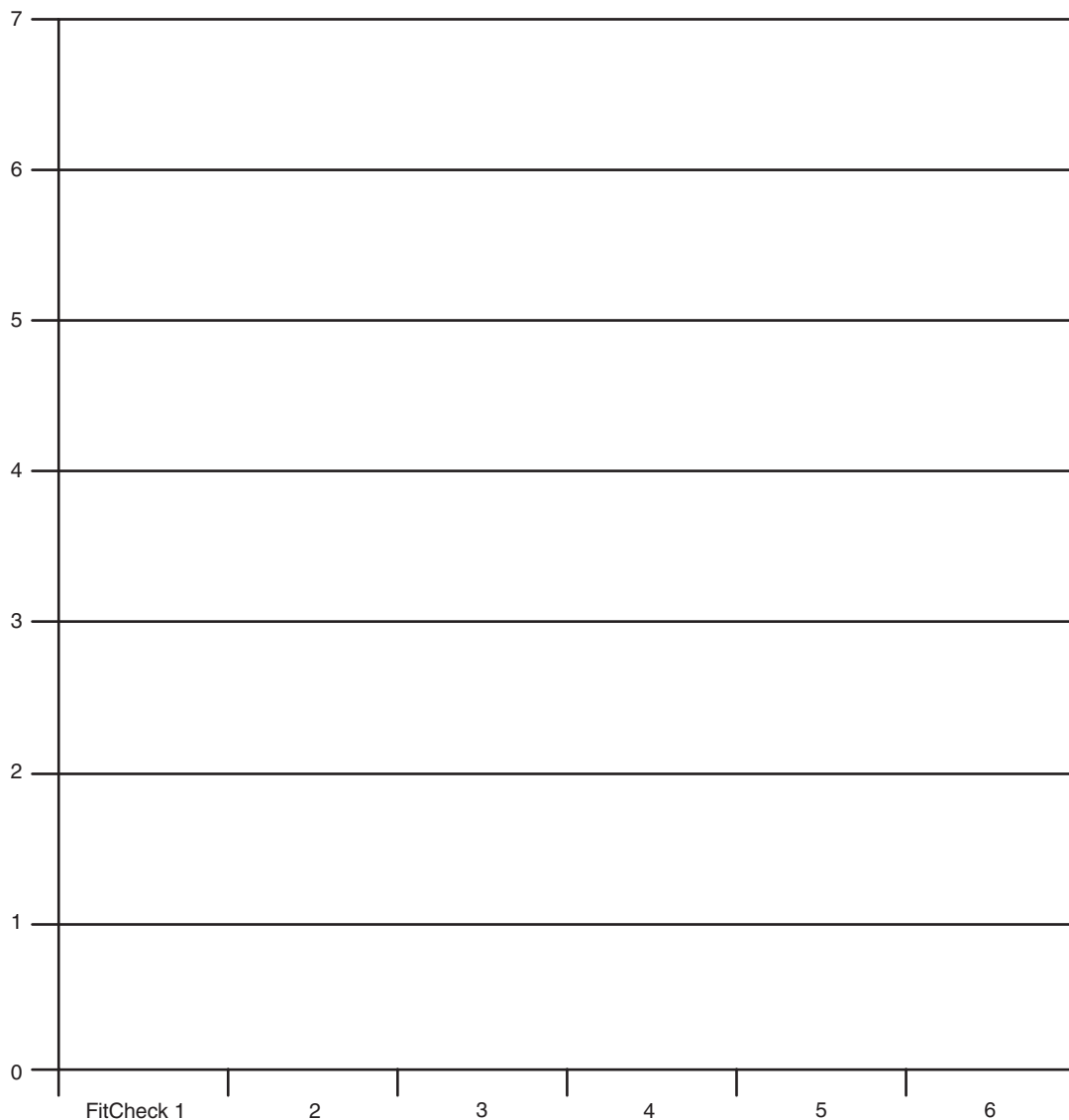


SitScore Progress Chart

Name _____

Find out how your SitScores changed during the school year. Draw a bar for each SitScore in the chart. Work from left to right. How have your scores changed?



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).