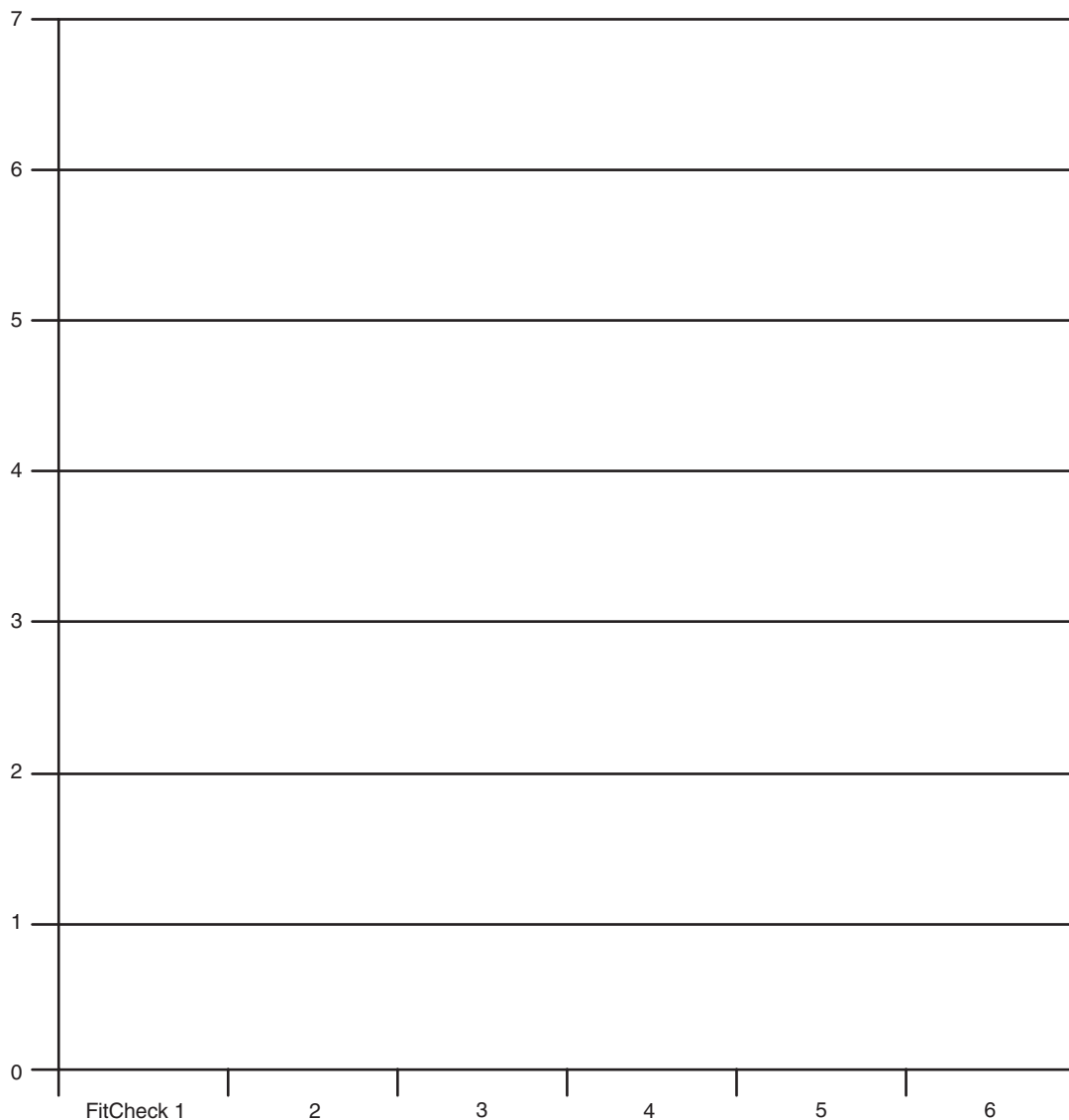


# FitScore Progress Chart

Name \_\_\_\_\_

Find out how your FitScores changed during the school year. Draw a bar for each FitScore in the first 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).