

Personal Fitness Record A

Name _____ Age _____ Height _____ School _____ Grade _____
 Weight _____

	Date:		Date:	
	Score	HFZ	Score	HFZ
Aerobic capacity:				
Curl-up				
Trunk lift				
Upper-body strength:				
Flexibility:				
Activity questions: Days of aerobic activity				
Days of muscle- strengthening activity				
Days of bone- strengthening activity				

Note: HFZ indicates you have performed in the Healthy Fitness Zone.

I understand that my fitness record is personal. I do not have to share my results. My fitness record is important because it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas for improving my fitness level.

From The Cooper Institute, 2017, *FitnessGram Administration Manual: The Journey to MyHealthyZone*, 5th ed. (Champaign, IL: Human Kinetics).

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