

Personal Fitness Record B

Name _____ School _____ Grade _____ Age _____ Ht _____ Wt _____ Percent fat _____

	Date:		Date:		Date:	
	Score	HFZ	Score	HFZ	Score	HFZ
Aerobic capacity:						
Curl-up						
Trunk lift						
Upper-body strength:						
Flexibility:						
Skinfolds:						
Triceps						
Calf						
Abdominal (college)						
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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