

POWER STANDARD 4: I Am Fit**FITNESS TRACKER**

Name: _____

_____ Student acquires the knowledge of skills necessary to maintain a health-enhanced level of physical fitness.

The basic measurements consist of three phases: baseline, goal setting, and post-measurement. Phase 1 is the baseline measurements. Its purpose is to gather information about your beginning fitness levels. Each item is designed to measure one of the five components of fitness. By finding your starting point, you will develop an awareness of where you are on the fitness and health continuum. Do not view this as a competition but rather as a starting point to improve and maintain your personal fitness levels.

Fitness assessment	Fitness component	Baseline	Goal	1	2	3
Mile	Cardiorespiratory endurance					
PACER 20 meters	Cardiorespiratory endurance					
Push-ups until failure	Muscular strength					
Sit-ups in 1 min	Muscular endurance					
Sit-and-reach	Flexibility					

Which components do you especially need to focus on to improve?

What is your plan for improving these scores or maintaining them?