

FITNESSGRAM SCORE SHEET

Record individual student information next to each trial.

Student Name: _____ School: _____
 Grade: _____ Period: _____ Teacher: _____
 Date of Birth & Age: _____ Gender: _____

Assessment Item	Student Performance
	Pre-Test and Post Test Scores
PACER (Aerobic Fitness)	Date: _____ Score: _____ Date: _____ Score: _____ Difference: _____
PUSH-UPS (Muscular Strength/Endurance)	Date: _____ Score: _____ Date: _____ Score: _____ Difference: _____
CURL-UPS (Muscular Strength and Endurance)	Date: _____ Score: _____ Date: _____ Score: _____ Difference: _____
BACK-SAVER SIT AND REACH (Flexibility) Right _____ Left _____	Date: _____ Score: _____ Date: _____ Score: _____ Difference: _____
TRUNK LIFT (Flexibility)	Date: _____ Score: _____ Date: _____ Score: _____ Difference: _____
Shoulder Stretch Right _____ Left _____	Date: _____ Score: _____ Date: _____ Score: _____ Difference: _____

Fitnessgram Record Sheet

Karin Nielsen-Saines

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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